

Primetime by Mytime Active

Group Exercise Timetable - November 2020

Day	Time	Class	Location
Monday	10:00-10:45	Pilates	Crofton Hall
Monday	10:00-10:45	Keep fit	Beckenham Hall
Monday	10:00-10:45	Senior Circuit	Blundells
Monday	11:00-11:45	DANCE FIT	Beckenham Hall
Monday	11:00-11:45	Line dance beginners	Crofton Hall
Monday	11:00-11:45	Pilates	Blundells
Monday	12:00-12:45	DANCE FIT	Blundells
Monday	12:00-12:45	Keep fit	Crofton Hall
Monday	12:00-12:45	Strength & stability	Beckenham Hall
Monday	12:30-13:15	DANCE FIT	Wickham Hall
Monday	13:00-13:45	Fit Steps	Crofton Hall
Monday	13:30-14:15	Line Dance	Wickham Hall
Monday	14:00-13:45	Line dance	Crofton Hall
Monday	14:30-15:15	Pilates	Wickham Hall
Monday	15:00-15:45	Tap	Crofton Hall
Day	Time	Class	Location
Tuesday	10.00- 10:45	Keep fit	Crofton Hall
Tuesday	11:00-11:45	Strength & stability	Crofton Hall
Tuesday	12:00-12:45	Zumba gold	Crofton Hall
Tuesday	13:00-13:45	Circuit	Crofton Hall
Tuesday	13:00-13:45	Group Cycle	The Spa
Tuesday	14:00-14:45	Keep Fit	The Spa
Tuesday	14:00-14:45	Pilates	Crofton Hall
Tuesday	15:00-15:45	Strength & Stability	The Spa
Day	Time	Class	Location
Wednesday	10:00-10:45	Paracise	The Great Hall
Wednesday	11:00-11:45	Keep fit	Wickham Hall
Wednesday	11:00-11:45	Keep fit	Blundells
Wednesday	11:00-11:45	Keep fit	The Great Hall
Wednesday	12:00-12:45	DANCE FIT	The Great Hall
Wednesday	12:00-12:45	Strength & stability	Wickham Hall
Wednesday	12:00-12:45	Paracise	Blundells
Wednesday	13:00-13:45	Strength & stability	The Great Hall
Wednesday	13:00-13:45	Paracise	Wickham Hall
Wednesday	13:00-13:45	Yoga	Blundells
Wednesday	14.00-14.45	Prime Circuits	The Great Hall
Wednesday	15:00-15:45	Prime Stretch & relax	The Great Hall

Day	Time	Class	Location
Thursday	10.00-10:45	Keep fit	Beckenham Hall
Thursday	10:30-11:15	Line dance beginners	The Great Hall
Thursday	11.00-11:45	Pilates	Beckenham Hall
Thursday	11:30-12:15	Line dance improvers	The Great Hall
Thursday	12.00-12:45	Paracise	Beckenham Hall
Thursday	12:30-13:15	DANCE FIT	The Great Hall
Thursday	12:30-13:15	Keep Fit	Wickham Hall
Thursday	13:00-13:45	Yoga	Beckenham Hall
Thursday	13:30-14:15	Pilates	Wickham Hall
Thursday	13:30-14:15	Strength & stability	The Great Hall
Thursday	14:30-15:15	Sosa (Seated)	Wickham Hall
Day	Time	Class	Location
Friday	10:00-10:45	Yoga	Crofton Hall
Friday	10:00-10:45	Dance Fit	Farnborough
Friday	11:00-11:45	Strength & Stability	Farnborough
Friday	11:00-11:45	GET FIT	Crofton Hall
Friday	11:45-12:30	Line Dance Beginner	The Spa
Friday	12.00-12.45	STRETCH & TONE	Crofton Hall
Friday	12:45-13:30	Line Dance Improvers	The Spa
Friday	13.00-13.45	ZUMBA GOLD	Crofton Hall
Friday	13:30-14:15	Keep Fit	Apperfield
Friday	14.00-14.45	PARACISE	Crofton Hall
Friday	14:30-15:15	Strength & Stability	Apperfield