bromley mytime — WEST WICKHAM LEISURE CENTRE GROUP EXERCISE TIMETABLE

Last updated **8th June 2010**

West Wickham Leisure Centre
Station Road
BR4 0PY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	Spin Circuit			Spin Circuit	Ab Attack		
09.00						Zumba	Body Pump 20/6
09.30	Yoga	Pilates		Body Pump	Yoga		
10.00						Complete Conditioning	Step 20/6
10.30	Salsacise 14/6	Keep Fit (Prime)		Pilates			
10.45					Keep Fit (Prime)		
11.00						Pump Step Combo 19/6	Pilates
18.00	Ab Attack 14/6		Kettlebells				
18.30	Pilates	Body Combat	Zumba 7/7	Body Pump			
19.30	Boxercise	Body Pump	Body Combat	Boxercise			
	POOL AEROBICS CLASSES						
09.30				Aqua Fit	Aqua Fit (Prime)		

KEY: 30 minutes class | 60 minutes class | 45 minutes class | Not included in any membership

Open Monday to Thursday 06.30 to 22.00
Friday 06.30 to 21.00
Saturday and Sunday 08.00 to 20.00
Last ticket sold 45 minutes before close