

HeartSmart Session Times

HeartSmart sessions are held at venues across the borough. The table below shows the session venues, days and times.

VENUE	DAY	TIME
Walnuts Leisure Centre, Lych Gate Road, Orpington	Monday	10.45am – 12.00pm
Walnuts Leisure Centre, Lych Gate Road, Orpington	Tuesday	1:45 – 3:15pm
Walnuts Leisure Centre, Lych Gate Road, Orpington	Thursday	2:00 – 3:30pm
The Spa at Beckenham, Beckenham Road, Beckenham	Monday	1:30 – 3:00pm
The Spa at Beckenham, Beckenham Road, Beckenham	Monday	5.30-7.00pm
The Spa at Beckenham, Beckenham Road, Beckenham	Thursday	1:30 – 3:00pm
Pavilion Leisure Centre, Kentish Way, Bromley	Monday	2:15 – 3:45pm
Pavilion Leisure Centre, Kentish Way, Bromley	Tuesday	2:00 – 3:30pm
Pavilion Leisure Centre, Kentish Way, Bromley	Thursday	2:00 – 3:30pm
West Wickham Leisure Centre, Station Road, West Wickham	Wednesday	9.00am-10.30am
West Wickham Leisure Centre, Station Road, West Wickham	Wednesday	10.30am –12.00pm
Darrick Wood Sports Centre, Lovibonds Avenue, Orpington	Wednesday	7:30 – 9:00pm
Darrick Wood Sports Centre, Lovibonds Avenue, Orpington	Thursday	5.30pm – 7.00pm
Darwin Leisure Centre, Jail Lane, Biggin Hill	Wednesday	11.00am-12.30pm
Priory Leisure Centre, Tintagel Road, Orpington	Thursday	7.45 - 9.15pm
The Park Langley Club, 44a Wickham Way, Beckenham	Monday	1:30 – 3.00pm