

Company	Instructor	Website/Email	Contact details	Park	Session Times
Gingers Fitness	Paul Preston	https://gingersfitness.co.uk/	07809 881598 paulpreston8@gmail.com	Croydon Road Recreation Ground - BR3 3PR	Tuesday & Thursday 7:50am Wednesday 6:45am Fridays 12:45pm Saturdays 8:15am Sundays 8:30am
Be Park Fit Norman Park	Simon Hughes	https://www.beparkfit.com/	07592 302845 info@beparkfit.com	Norman Park	Mondays 18.30pm Wednesdays 18.30pm Thursdays 19.00pm Saturdays 8.00am Sundays 9.00am
MWAH Fitness	Mickey Wells	https://www.mwahfitness.com/	07540 756923 mwahfitness.com@gmail.com	Cator Park	Wednesday 11am Thursday 10am Saturday 9:30am
Knights Fitness	Lee Knights	https://www.knightsfitness.co.uk/	lee@knightsfitness.co.uk 07818 662830	Goddington Park	Tuesday 7pm (summer) Wednesday 9:15am Saturday 9:30am
Square Peg Fitness	Paul Futter	http://squarepegfitness.co.uk/	07875 047730 Squarepegfitnessuk@gmail.com	Poverest Rec	Monday, Friday and Sunday mornings 9am-9.45am
Matt Veneer	Matt Veneer	https://chislehurstfitness.co.uk/	07876 613 583 matthew_venner@hotmail.com	Walden Rec	Monday 12:10 Tuesdays, Thursdays, Fridays 7am Saturdays 8am
Lydia Smith	Lydia Smith	https://www.visitchislehurst.org.uk/businesses/lydia-smith-fitness/	07766 524136 lidarscott@hotmail.com	Belmont	Tuesday and Thursday 7.30pm Wednesday 10.15am
Marks Fitness & PT	Mark Goldsmith	https://www.marksfitnesspt.co.uk/	07795 423288 markgoldsmith@live.co.uk	Norman Park Eden Park	Monday 11:30 - Norman Park Tuesday 12:30 - Eden Park, 14:00 - Norman Park Wednesday 15:15 - Eden Park Friday 11:30 - Norman Park
BeckFit	Lelde Kuniga/Richard Reid	https://www.beckfitfitness.com/service-page/personal-training-with-lelde	07500 929065 Beckfitbootcamp@gmail.com	Beckenham Green	Monday's 7:30pm and Wednesday's 7:30pm