

| 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.beckfitness.com/service-page/personal-training-with-lelde | 07500 929065 Beckfitbootcamp@gmail.com | Beckenham Green | Monday's 7:30pm and Wednesday's 7:30pm |