

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 28/07/2024

Times for Monday 22 July



| Time | Session | Facility | Instructor |
|---------------|-------------------|-------------|------------|
| 06:35 - 07:20 | HIIT & Abs | Gym | Matt |
| 07:30 - 08:15 | Slow Flow Yoga | Studio 1 | Michelle.N |
| 09:05 - 09:50 | Full Body Burn | Gym | Matt |
| 09:15 - 10:00 | Aquafit | Splash Pool | Jeanette |
| 09:50 - 10:35 | HIIT & Abs | Studio 2 | Matt |
| 10:30 - 11:15 | LBT Step | Studio 1 | Mike |
| 10:35 - 11:35 | HIIT & Abs | Gym | Matt |
| 11:30 - 12:30 | Slow Flow Yoga | Studio 1 | Hayley |
| 18:00 - 18:45 | Freestyle Pump | Studio 2 | Nikki |
| 18:00 - 18:45 | Indoor Cycling | Studio 1 | Trevor |
| 18:45 - 19:30 | Interval Training | Studio 2 | Jeanette |
| 19:30 - 20:30 | Pilates | Studio 1 | Jeanette |