

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Instructor
06:35 - 07:20	HIIT & Abs	Gym	Matt
09:05 - 09:50	Full Body Burn	Studio 2	Matt
09:15 - 10:00	Vinyasa Yoga	Studio 1	Michelle.N
09:50 - 10:35	HIIT & Abs	Gym	Matt
10:15 - 11:00	Stretch & Tone	Studio 1	Jeanette
10:15 - 11:00	Pilates	Studio 1	Teresa
10:30 - 11:30	Cardio Tennis	Tennis Courts	Brenden
10:35 - 11:35	HIIT & Abs	Gym	Matt
11:00 - 11:45	Body Conditioning	Studio 2	Jeanette
11:15 - 12:00	Beginners Toning	Studio 1	Mike
12:15 - 13:15	Pilates	Studio 1	Nikki
14:15 - 15:00	Aquafit	Splash Pool	Mike
18:00 - 18:45	HIIT & Abs	Studio 2	Trevor
18:45 - 19:30	Body Conditioning	Studio 2	Jeanette
19:15 - 20:00	Zumba	Studio 1	Michelle.B
19:30 - 20:15	Pilates	Studio 2	Jeanette
20:00 - 20:45	Zumba	Studio 1	Michelle.B
20:15 - 21:00	Aquafit	Main Pool	Jeanette
20:30 - 21:30	Nidra Yoga	Studio 1	Hayley