

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 07/08/2024

Times for Tuesday 13 August



| Time | Session | Facility | Instructor |
|---------------|-----------------------|-------------|------------|
| 06:35 - 07:20 | HIIT & Abs | Gym | Matt |
| 09:05 - 09:50 | Full Body Burn | Gym | Matt |
| 09:50 - 10:35 | HIIT & Abs | Gym | Matt |
| 10:00 - 11:00 | Gentle Flow Yoga | Studio 1 | Catalina |
| 10:35 - 11:35 | HIIT & Abs | Gym | Matt |
| 11:00 - 11:45 | 50+ LBT | Studio 2 | Mike |
| 11:15 - 12:15 | Pilates | Studio 1 | Nikki |
| 11:45 - 12:30 | 50+ Body Conditioning | Studio 2 | Mike |
| 12:15 - 13:00 | Aquafit | Splash Pool | Nikki |
| 17:30 - 18:45 | Hatha Yoga | Studio 1 | Hayley |
| 18:00 - 18:45 | Pound | Studio 2 | Kiran |
| 18:45 - 19:30 | Zumba Tone | Studio 1 | Michelle.N |
| 18:50 - 19:35 | Bollywood | Studio 2 | Kiran |
| 19:15 - 20:15 | Aquafit | Splash Pool | Jeanette |
| 19:30 - 20:30 | Gentle Flow Yoga | Studio 1 | Michelle.N |
| 20:15 - 21:00 | Body Conditioning | Studio 2 | Jeanette |