

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 14/09/2024

Times for Monday 9 September



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