

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 14/09/2024

Times for Friday 20 September



Time	Session	Facility	Instructor
09:30 - 10:15	Dance Aerobics	Studio 1	Paulina
10:20 - 11:20	Sculpt Barre	Studio 2	Paulina
11:00 - 12:30	Hatha Yoga	Studio 1	Hayley
11:45 - 12:45	Beginners HIIT	Studio 2	Mike
18:00 - 18:45	Indoor Cycling	Studio 1	Trevor
19:00 - 19:45	Zumba	Studio 1	Michelle.B
19:00 - 19:45	HIIT & Abs	Studio 2	Trevor