

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 15/09/2024

### Times for Saturday 21 September



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba	Studio 1	Michelle.B
10:15 - 11:00	Indoor Cycling	Studio 1	Trevor
11:00 - 11:45	Body Blast	Studio 2	Jeanette
11:45 - 12:30	Core Workout	Studio 2	Jeanette