

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 16/09/2024

### Times for Sunday 22 September



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Tone	Studio 2	Michelle.N
10:00 - 10:45	Zumba Strong	Studio 2	Michelle.N
16:00 - 17:30	Slow Flow Yoga	Studio 1	Harjit