

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 18/10/2024

### Times for Saturday 28 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   |