

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 29/07/2024

### Times for Tuesday 23 July



Time	Session	Facility	Instructor
09:30 - 10:15	Spin	Spin Studio	Majek
10:30 - 11:30	Body Balance	Studio 1	Linda
12:00 - 12:45	Full Body Tone	Studio 1	Angeliki
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
19:00 - 20:00	Body Attack	Studio 1	Carolyn