

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 29/07/2024

Times for Friday 26 July



Time	Session	Facility	Instructor
08:00 - 09:30	Hatha Yoga	Studio 1	Pareena
11:00 - 12:00	HIIT	Studio 1	Sophie
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	