

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 27/07/2024

Times for Wednesday 31 July



Time	Session	Facility	Instructor
09:00 - 10:00	Pilates	Studio 1	Ami
10:00 - 11:00	Hatha Yoga	Studio 1	Ami
11:30 - 12:30	Shred & Tone	Studio 1	Sophie
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:00 - 18:45	Legs Bums and Tums	Studio 1	Majek
18:45 - 19:45	Step & Tone	Studio 1	Majek
20:00 - 21:30	Slow Hatha & Gong	Studio 1	Pareena