

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 01/09/2024

| Times for Friday 2 August |            |          |            |
|---------------------------|------------|----------|------------|
| 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      |            |
| 18:30 - 19:30             | Zumba      | Studio 1 | Anna       |