

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 10/08/2024

Times for Friday 16 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