

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 04/09/2024

Times for Saturday 31 August



Time	Session	Facility	Instructor
08:45 - 09:30	Body Attack	Studio 1	Carolyn
09:30 - 10:30	Bokwa	Studio 1	Majek
11:00 - 12:00	Bootcamp	Studio 1	Majek
13:00 - 14:30	Hatha Yoga	Studio 1	Greta
14:30 - 15:30	Yogalates	Studio 1	Greta