

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 03/09/2024

### Times for Monday 2 September



Time	Session	Facility	Instructor
10:30 - 11:15	Shadow Fit	Studio 1	Angeliki
11:15 - 11:45	Abs	Studio 1	Angeliki
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:00 - 19:00	Bootcamp	Studio 1	Jessica
19:00 - 19:45	Spin	Spin Studio	Jessica
19:00 - 20:00	Bokwa	Studio 1	Majek
20:15 - 21:15	Pilates	Studio 1	Suzanne