

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 03/09/2024

### Times for Friday 6 September



| 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       |