

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 17/09/2024

Times for Monday 23 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 |