

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 28/07/2024

Times for Tuesday 23 July



Time	Session	Facility	Instructor
08:00 - 08:45	Spin	Spin Studio	Aga
09:00 - 10:00	Body Conditioning	Studio 1	Aga
10:00 - 10:45	Boxfit	Studio 1	Angeliki
10:45 - 11:30	Body Balance	Studio 1	Angeliki
16:15 - 17:15	Junior Gym	Gym	
17:15 - 18:15	Junior Gym	Gym	
18:30 - 19:00	Functional fit	Gym	
18:30 - 19:15	Spin	Spin Studio	Trevor
19:15 - 20:00	Body Combat	Studio 1	Angeliki
20:00 - 20:30	Core Workout	Spin Studio	