

# New Chiswick Group Exercise Timetable

## New Chiswick Pool

Accurate as of 28/07/2024

### Times for Saturday 3 August



Time	Session	Facility	Instructor
09:00 - 10:30	Hatha Yoga	Spin Studio	Pereena
10:30 - 11:15	Boxfit	Studio 1	Angeliki
11:15 - 12:00	Body Balance	Studio 1	Angeliki
12:00 - 14:00	Junior Gym	Gym	