

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 29/07/2024

Times for Sunday 4 August



Time	Session	Facility	Instructor
08:30 - 09:30	Body Pump	Studio 1	Marilla
09:30 - 10:15	Body Combat	Studio 1	Angeliki
10:15 - 11:00	Body Balance	Studio 1	Angeliki
11:15 - 12:45	Hatha Yoga	Spin Studio	Cheryl
12:00 - 14:00	Junior Gym	Gym	