

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 15/08/2024

Times for Wednesday 21 August



Time	Session	Facility	Instructor
07:00 - 07:45	Power Circuit	Studio 1	Jardel
10:45 - 11:25	Spin	Spin Studio	Aga
10:45 - 11:30	Body Balance	Studio 1	Angeliki
11:15 - 12:00	50+ Aqua	Pool	Aga
12:00 - 12:45	Aqua Mixed	Pool	Aga
16:15 - 17:15	Junior Gym	Gym	Manraj
17:15 - 18:15	Junior Gym	Gym	Manraj
18:00 - 18:45	Body Combat	Studio 1	Angeliki
19:00 - 19:45	Bootcamp	Studio 1	Manraj