

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 16/08/2024

Times for Thursday 22 August



Time	Session	Facility	Instructor
09:30 - 10:15	Total Body Tone	Studio 1	Angeliki
10:15 - 11:15	Zumba	Studio 1	Dee
11:15 - 12:15	Stretch & Flex	Studio 1	Dee
16:15 - 17:15	Junior Gym	Gym	Trevor
17:15 - 18:15	Junior Gym	Gym	Trevor
18:00 - 19:00	Pilates	Studio 1	
19:15 - 20:00	Spin	Spin Studio	Trevor