

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 04/09/2024

Times for Thursday 29 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 |
| 15:30 - 17:30 | Junior Gym | Gym | Trevor |
| 18:00 - 19:00 | Pilates | Studio 1 | |
| 19:15 - 20:00 | Spin | Spin Studio | Trevor |