

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 04/09/2024

Times for Friday 30 August



Time	Session	Facility	Instructor
08:45 - 09:30	Body Balance	Studio 1	Angeliki
09:30 - 10:15	Aqua	Pool	Danny
09:45 - 10:30	Body Pump	Studio 1	Angeliki
10:15 - 11:00	Aqua	Pool	Danny
10:35 - 12:05	Hatha Yoga	Spin Studio	Cheryl
15:30 - 17:30	Junior Gym	Gym	Jardel
18:00 - 18:45	Body Balance	Studio 1	Angeliki