

# New Chiswick Group Exercise Timetable

## New Chiswick Pool

Accurate as of 08/09/2024

### Times for Saturday 14 September



Time	Session	Facility	Instructor
09:00 - 10:30	Hatha Yoga	Spin Studio	Pereena
10:00 - 18:00	Junior Gym	Gym	
10:30 - 11:15	Boxfit	Studio 1	Angeliki
11:15 - 12:00	Body Balance	Studio 1	Angeliki