

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 10/09/2024

Times for Monday 16 September



Time	Session	Facility	Instructor
07:00 - 07:30	Power Circuit	Studio 1	Jardel
09:00 - 09:45	Body Combat	Studio 1	Angeliki
10:00 - 10:45	Body Pump	Studio 1	Ainslie
11:00 - 11:45	Aqua	Pool	Ainslie
11:25 - 12:25	Hatha Yoga	Studio 1	
11:45 - 12:30	Aqua	Pool	Ainslie
15:30 - 17:30	Junior Gym	Gym	Manraj
18:30 - 19:15	Bootcamp	Studio 1	Manraj