

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 12/09/2024

Times for Wednesday 18 September



Time	Session	Facility	Instructor
06:45 - 07:15	Spin	Spin Studio	Marilla
07:00 - 07:45	Power Circuit	Studio 1	Jardel
10:45 - 11:25	Spin	Spin Studio	Aga
10:45 - 11:30	Body Balance	Studio 1	Angeliki
11:30 - 12:15	50+ Aqua	Pool	Aga
12:15 - 13:00	Aqua Mixed	Pool	Aga
15:30 - 17:30	Junior Gym	Gym	Manraj
18:00 - 18:45	Body Combat	Studio 1	Angeliki
19:00 - 19:45	Bootcamp	Studio 1	Manraj