

# New Chiswick Group Exercise Timetable

## New Chiswick Pool

Accurate as of 13/09/2024

### Times for Thursday 19 September



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