

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 16/09/2024

Times for Sunday 22 September



Time	Session	Facility	Instructor
08:30 - 09:30	Body Pump	Studio 1	Marilla
09:30 - 10:15	Body Combat	Studio 1	Angeliki
10:00 - 18:00	Junior Gym	Gym	
10:15 - 11:00	Body Balance	Studio 1	Angeliki
11:15 - 12:45	Hatha Yoga	Spin Studio	Cheryl