

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 22/10/2024

Times for Tuesday 22 October



| Time | Session | Facility | Instructor |
|---------------|-------------------|-------------|----------------|
| 06:35 - 07:05 | HIIT | Gym | Gym instructor |
| 09:00 - 10:30 | Yoga | Studio 2 | Sat Siri |
| 09:30 - 10:30 | Body Conditioning | Studio 1 | Sarpreet |
| 11:00 - 12:00 | Pilates | Studio 2 | Jeanette |
| 12:00 - 13:00 | Aqua | Main Pool | Jeanette |
| 16:00 - 17:00 | Yoga | Studio 2 | Anoop |
| 17:00 - 18:00 | Pump | Studio 1 | Bo |
| 18:00 - 18:30 | Stretch | Studio 2 | Bo |
| 18:00 - 18:45 | Flex & Mobility | Studio 1 | Bo |
| 18:15 - 19:00 | Spin | Spin Studio | Majek |
| 19:00 - 20:00 | Bokwa | Studio 1 | Majek |
| 20:00 - 21:00 | Boxfit | Studio 1 | Majek |