

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 26/10/2024

Times for Thursday 24 October



| Time | Session | Facility | Instructor |
|---------------|--------------------|-------------|----------------|
| 06:35 - 07:05 | HIIT | Gym | Gym instructor |
| 09:00 - 10:30 | Yoga | Studio 2 | Sat Siri |
| 11:30 - 12:15 | Stretch | Studio 2 | Bo |
| 12:15 - 13:00 | Aqua | Main Pool | Bo |
| 13:00 - 14:00 | Stretch & Mobility | Studio 2 | Bo |
| 16:00 - 17:00 | Yoga | Studio 2 | Anoop |
| 16:30 - 18:00 | Junior Gym | Gym | Gym instructor |
| 18:30 - 19:15 | HIIT Strength | Studio 1 | Simona |
| 19:20 - 20:00 | Spin | Spin Studio | Simona |
| 20:00 - 21:00 | Bhangra | Studio 1 | Yasmin |