

# Heston Exercise Timetable

## Heston Pool & Fitness

Accurate as of 26/10/2024

### Times for Sunday 27 October



Time	Session	Facility	Instructor
09:00 - 10:00	Body Conditioning	Studio 1	Majek
10:00 - 11:00	Legs Bums and Tums	Studio 1	Majek
11:00 - 12:00	Step Dance	Studio 1	Majek