

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 02/07/2022

Times for Thursday 3 February



Time	Session	Facility	Instructor
10:15 - 11:00	Pilates	Studio 1	Nikki
11:45 - 13:00	Yoga	Studio 1	Hailey
13:45 - 14:45	50+ Aerobics	Studio 2	Jeanette
14:45 - 15:15	50+ Aqua	Splash Pool	Jeanette
18:00 - 18:45	Boxercise	Studio 2	Jeanette
18:45 - 19:30	LBT Step	Studio 2	Jeanette
18:45 - 19:30	Zumba	Studio 1	Timea
19:30 - 20:15	Zumba	Studio 1	Timea
19:30 - 20:15	20 20 20	Studio 2	Nikki
20:15 - 21:00	Pilates	Studio 1	Nikki