

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 18/06/2026

### Times for Monday 13 March



Time	Session	Facility	Instructor
06:35 - 07:20	HIIT & Abs	Gym	Matt
09:05 - 09:50	Full Body Burn	Gym	Matt
09:50 - 10:35	HIIT & Abs	Studio 2	Matt
10:35 - 11:35	HIIT & Abs	Gym	Matt
11:30 - 12:30	Slow Flow Yoga	Studio 1	Hayley
18:00 - 18:45	Freestyle Pump	Studio 2	Nikki
18:00 - 18:45	Indoor Cycling	Studio 1	Trevor
18:45 - 19:30	Interval Training	Studio 2	Jeanette
19:30 - 20:30	Pilates	Studio 1	Jeanette