

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 18/06/2026

### Times for Wednesday 15 March



Time	Session	Facility	Instructor
06:35 - 07:20	HIIT & Abs	Gym	Matt
09:05 - 09:50	Full Body Burn	Studio 2	Matt
09:50 - 10:35	HIIT & Abs	Gym	Matt
10:15 - 11:00	Stretch & Tone	Studio 1	Jeanette
10:35 - 11:35	HIIT & Abs	Gym	Matt
11:00 - 11:45	Body Conditioning	Studio 2	Jeanette
12:15 - 13:15	Pilates	Studio 1	Nikki
18:45 - 19:30	Body Conditioning	Studio 2	Jeanette
19:30 - 20:15	Pilates	Studio 2	Jeanette
20:15 - 21:00	Aquafit	Main Pool	Jeanette