

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 18/06/2026

### Times for Thursday 16 March



Time	Session	Facility	Instructor
10:15 - 11:00	Stretch & Tone	Studio 1	Nikki
11:00 - 11:45	Pilates	Studio 1	Nikki
13:45 - 15:15	50+ Aqua and Aerobics	Studio 2	Jeanette
18:00 - 18:45	Boxercise	Studio 2	Jeanette
18:45 - 19:30	LBT Step	Studio 2	Jeanette
19:30 - 20:15	Freestyle Pump	Studio 2	Nikki
20:15 - 21:15	Pilates	Studio 1	Nikki