

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 18/06/2026

Times for Friday 17 March



Time	Session	Facility	Instructor
09:30 - 10:15	Dance Aerobics	Studio 1	Paulina
11:00 - 12:30	Hatha Yoga	Studio 1	Hayley
18:00 - 18:45	Indoor Cycling	Studio 1	Trevor
19:00 - 19:45	Zumba	Studio 1	Michelle.B