

# Hanworth Group Exercise Timetable

## Hanworth Air Park Leisure Centre & Library

Accurate as of 29/04/2024

Times for Friday 29 March			
Time	Session	Facility	Instructor
09:15 - 10:00	Legs Bums and Tums	Studio 1	Paulina
11:00 - 12:30	Hatha Yoga	Studio 1	Hayley
12:00 - 12:45	Deep Water Aqua	Main Pool	Mike
18:00 - 18:45	Indoor Cycling	Studio 1	Trevor
19:00 - 19:45	Zumba	Studio 1	Michelle.B