

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 15/05/2024

Times for Saturday 30 March			
Time	Session	Facility	Instructor
09:15 - 10:00	Dance Aerobics	Studio 1	Paulina
10:05 - 10:50	Stretch & Strength	Studio 2	Paulina
10:15 - 11:00	Indoor Cycling	Studio 1	Trevor
11:00 - 11:45	Body Blast	Studio 2	Jeanette
11:45 - 12:30	Core Workout	Studio 2	Jeanette