

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 15/05/2024

Times for Sunday 7 April



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Tone	Studio 2	Michelle.N
10:00 - 10:45	Zumba Strong	Studio 2	Michelle.N
16:00 - 17:30	Slow Flow Yoga	Studio 1	Hayley
20:30 - 21:30	Nidra Yoga	Studio 1	Hayley