

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 09/09/2026

Times for Thursday 10 September



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba	Studio 1	Simona
09:15 - 10:00	Indoor Cycling	Studio 1	Mike
09:15 - 10:00	Beginners HIIT	Studio 2	Mike
10:05 - 10:35	Pound	Studio 2	Simona
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
17:45 - 18:30	Body Conditioning	Studio 1	Mike
18:00 - 18:45	Boxercise	Studio 2	Jeanette
18:45 - 19:30	LBT Step	Studio 2	Jeanette
19:00 - 20:00	Vinyasa Yoga	Studio 1	Catalina
19:30 - 20:15	Freestyle Pump	Studio 2	Nikki
20:15 - 21:15	Pilates	Studio 1	Nikki