

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 09/09/2026

Times for Friday 11 September



Time	Session	Facility	Instructor
09:30 - 10:15	Dance Aerobics	Studio 1	Paulina
10:20 - 11:20	Sculpt Barre	Studio 2	Paulina
10:30 - 11:15	Beginners HIIT	Studio 2	Mike
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
19:00 - 19:45	HIIT & Abs	Studio 2	Trevor