

Hanworth Group Exercise Timetable

Hanworth Air Park Leisure Centre & Library

Accurate as of 09/09/2026

Times for Tuesday 15 September



Time	Session	Facility	Instructor
06:35 - 07:20	HIIT & Abs	Gym	Matt
09:05 - 09:50	Full Body Burn	Gym	Matt
09:50 - 10:35	HIIT & Abs	Gym	Matt
10:00 - 11:00	Gentle Flow Yoga	Studio 1	Catalina
10:35 - 11:35	HIIT & Abs	Gym	Matt
11:00 - 11:45	50+ LBT	Studio 2	Mike
11:15 - 12:15	Pilates	Studio 1	Nikki
11:45 - 12:30	50+ Body Conditioning	Studio 2	Mike
12:15 - 13:00	Aquafit	Splash Pool	Nikki
17:30 - 18:45	Hatha Yoga	Studio 1	Hayley
18:00 - 18:45	Pound	Studio 2	Kiran
18:45 - 19:30	Zumba Tone	Studio 1	Michelle.N
18:50 - 19:35	Bollywood	Studio 2	Kiran
19:15 - 20:15	Aquafit	Splash Pool	Jeanette
19:30 - 20:30	Gentle Flow Yoga	Studio 1	Michelle.N
20:15 - 21:00	Stretch & Tone	Studio 2	Jeanette