

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 02/07/2022

Times for Monday 31 January



Time	Session	Facility	Instructor
09:45 - 10:30	Spin	Spin Studio	Louise
10:30 - 11:15	Weights & HIIT	Studio 1	Louise
11:15 - 11:45	Abs	Studio 1	Louise
18:00 - 19:00	Bootcamp	Studio 1	Jessica
19:00 - 19:45	Spin	Spin Studio	Jessica
20:15 - 21:15	Pilates	Studio 1	Suzanne