

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 02/07/2022

### Times for Wednesday 2 February



Time	Session	Facility	Instructor
09:30 - 10:30	Pilates	Studio 1	Maxine
09:45 - 10:30	Spin	Spin Studio	Louise
10:30 - 11:30	Insanity	Studio 1	Louise
18:00 - 18:45	Legs Bums and Tums	Studio 1	Sue
18:45 - 19:45	Step & Tone	Studio 1	Sue
19:00 - 20:00	Aqua	Leisure Pool	Danny
20:00 - 21:30	Ashtanga Vinyasa Yoga	Studio 1	Amisha