

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 13/08/2022

### Times for Thursday 3 February



Time	Session	Facility	Instructor
09:30 - 10:30	Body Pump	Studio 1	Marilia
10:30 - 11:30	Body Balance	Studio 1	Marilia
12:00 - 13:00	Aqua	Leisure Pool	Danny
18:15 - 19:00	Spin	Spin Studio	Louise
19:00 - 20:00	Insanity	Studio 1	Louise