

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 25/04/2024

Times for Monday 4 July



Time	Session	Facility	Instructor
10:30 - 11:15	Shadow Fit	Studio 1	Angeliki
11:15 - 11:45	Abs	Studio 1	Angeliki
18:00 - 19:00	Bootcamp	Studio 1	Jessica
19:00 - 19:45	Spin	Spin Studio	Jessica
20:15 - 21:15	Pilates	Studio 1	Suzanne