

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 10/04/2024

Times for Thursday 7 July

Time	Session	Facility	Instructor
09:30 - 10:30	Body Pump	Studio 1	Ainslie
10:45 - 11:30	Body Balance	Studio 1	Linda
12:00 - 13:00	Aqua	Leisure Pool	Danny
19:00 - 20:00	Shadow Fit	Studio 1	Angeliki