

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Instructor
08:30 - 09:30	Pilates	Studio 1	Greta
10:00 - 11:00	Hatha Yoga	Studio 1	Ami
11:30 - 12:30	Shred & Tone	Studio 1	Sophie
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:00 - 18:45	Legs Bums and Tums	Studio 1	Majek
18:45 - 19:45	Step & Tone	Studio 1	Majek
19:45 - 20:45	Slow Hatha & Gong	Studio 1	Pareena
21:00 - 22:00	Slow Hatha & Nidra	Studio 1	Pareena