

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 28/09/2026

Times for Tuesday 29 September			
Time	Session	Facility	Instructor
10:30 - 11:30	Body Balance	Studio 1	Linda
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
19:00 - 20:00	Body Attack	Studio 1	Carolyn
20:00 - 21:00	Zumba	Studio 1	Anna