

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 28/09/2026

Times for Wednesday 30 September				
Time	Session	Facility	Instructor	
08:45 - 09:45	Pilates	Studio 1	Greta	
10:00 - 11:00	Hatha Yoga	Studio 1	Ami	
11:00 - 12:00	Shred & Burn	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	
19:00 - 20:00	Aqua	Leisure Pool	Danny	
20:00 - 21:30	Slow Hatha & Gong	Studio 1	Pareena	