

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 28/09/2026

Times for Thursday 1 October

Time	Session	Facility	Instructor
09:30 - 10:30	Body Pump	Studio 1	Ainslie
10:45 - 11:30	Body Balance	Studio 1	Linda
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:45 - 19:30	Spin	Spin Studio	Jessica
19:00 - 20:00	Shadow Fit	Studio 1	Angeliki