

Brentford Group Exercise Timetable

Brentford Fountain Leisure Centre

Accurate as of 28/09/2026

Times for Friday 2 October			
Time	Session	Facility	Instructor
08:00 - 09:30	Yin Yoga	Studio 1	Ami
10:15 - 10:45	Body Pump	Studio 1	Marilla
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:30 - 19:30	Zumba	Studio 1	Anna