

# Brentford Group Exercise Timetable

## Brentford Fountain Leisure Centre

Accurate as of 28/09/2026

Times for Saturday 3 October



| Time          | Session     | Facility | Instructor |
|---------------|-------------|----------|------------|
| 08:45 - 09:30 | Body Attack | Studio 1 | Carolyn    |
| 09:30 - 10:30 | Bokwa       | Studio 1 | Majek      |
| 11:00 - 12:00 | Bootcamp    | Studio 1 | Majek      |
| 12:00 - 13:30 | Hatha Yoga  | Studio 1 | Pareena    |