

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 22/05/2022

Times for Friday 28 January



Time	Session	Facility	Instructor
08:30 - 09:30	Body Balance	Studio 1	Angeliki
09:30 - 10:15	Body Pump	Studio 1	Angeliki
11:15 - 12:15	Pilates	Spin Studio	Suzanne