

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 02/07/2022

Times for Saturday 29 January



Time	Session	Facility	Instructor
10:00 - 10:45	Shadow Fit	Studio 1	Angeliki
10:30 - 12:00	Hatha Yoga	Spin Studio	Lavanya
11:00 - 11:45	Body Balance	Studio 1	Angeliki