

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 13/08/2022

Times for Sunday 30 January



Time	Session	Facility	Instructor
08:30 - 09:30	Body Pump	Studio 1	Marilia
09:30 - 10:15	Body Combat	Studio 1	Angeliki
10:15 - 11:00	Body Balance	Studio 1	Angeliki