

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 28/04/2024

Times for Sunday 10 July



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