

New Chiswick Group Exercise Timetable

New Chiswick Pool

Accurate as of 05/05/2024

Times for Sunday 28 April



| 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 |
| 11:15 - 12:45 | Hatha Yoga | Spin Studio | Cheryl |
| 12:00 - 14:00 | Junior Gym | Gym | |