Heston Exercise Timetable Heston Pool & Fitness

Accurate as of 12/05/2024

Times for Monday 24 January				(
Time	Session	Facility	Instructor	
11:00 - 12:00	Pilates	Studio 2	Jeanette	
12:00 - 13:00	Aqua	Main Pool	Jeanette	
18:00 - 19:00	Body Blast	Studio 1	Moriel	
18:30 - 20:00	Yoga	Studio 2	Sat Siri	