

# Heston Exercise Timetable

## Heston Pool & Fitness

Accurate as of 29/04/2024

### Times for Thursday 27 January



| Time          | Session | Facility | Instructor |
|---------------|---------|----------|------------|
| 09:00 - 10:30 | Yoga    | Studio 2 | Sat Siri   |
| 20:00 - 21:00 | Bhangra | Studio 1 | Yasmin     |