

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 03/05/2024

Times for Friday 1 July



Time	Session	Facility	Instructor
08:30 - 10:00	Yoga	Studio 2	Sat Siri
09:30 - 10:00	HIIT	Studio 1	Sarpreet
10:00 - 10:30	Abs	Studio 1	Sarpreet
10:30 - 11:30	Pump	Studio 1	Bozena
11:15 - 12:15	Pilates	Studio 2	Jeanette
12:15 - 13:15	Aqua	Main Pool	Jeanette
18:30 - 20:00	Yoga	Studio 2	Shakta