

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 23/04/2024

Times for Monday 4 July



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
19:00 - 19:45	Spin	Spin Studio	Moriel