Heston Exercise Timetable Heston Pool & Fitness

Accurate as of 19/05/2024

| Times for Tuesday 5 July | | | | © |
|--------------------------|-------------------|----------|------------|----------|
| Time | Session | Facility | Instructor | |
| 09:00 - 10:30 | Yoga | Studio 2 | Sat Siri | |
| 09:30 - 10:30 | Body Conditioning | Studio 1 | Sarpreet | |