

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 06/05/2024

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 |