

# Heston Exercise Timetable

## Heston Pool & Fitness

Accurate as of 03/05/2024

| Times for Thursday 7 July |            |          |                |
|---------------------------|------------|----------|----------------|
| Time                      | Session    | Facility | Instructor     |
| 09:00 - 10:30             | Yoga       | Studio 2 | Sat Siri       |
| 11:30 - 12:15             | Stretch    | Studio 2 | Bo             |
| 16:30 - 18:00             | Junior Gym | Gym      | Gym instructor |
| 20:00 - 21:00             | Bhangra    | Studio 1 | Yasmin         |