

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 20/04/2024

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