

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 23/04/2024

Times for Saturday 20 April



Time	Session	Facility	Instructor
10:30 - 11:15	Zumba	Studio 1	Simona
11:15 - 12:15	Pump	Studio 1	Bo
12:15 - 12:45	Stretch	Studio 2	Bo
16:00 - 17:00	Yoga	Studio 2	Anoop