Heston Exercise Timetable Heston Pool & Fitness

Accurate as of 03/05/2024

Times for Saturday 20 April			0
Time	Session	Facility	Instructor
10:30 - 11:15	Zumba	Studio 1	Simona
11:15 - 12:15	Pump	Studio 1	Во
12:15 - 12:45	Stretch	Studio 2	Во
16:00 - 17:00	Yoga	Studio 2	Anoop