

# Heston Exercise Timetable

## Heston Pool & Fitness

Accurate as of 28/05/2026

### Times for Friday 29 May



| Time          | Session  | Facility  | Instructor |
|---------------|----------|-----------|------------|
| 08:30 - 10:00 | Yoga     | Studio 2  |            |
| 09:30 - 10:00 | HIIT     | Studio 1  | Sarpreet   |
| 10:00 - 10:30 | Abs      | Studio 1  | Sarpreet   |
| 10:30 - 11:30 | Pump     | Studio 1  |            |
| 11:15 - 12:15 | Pilates  | Studio 2  | Jeanette   |
| 12:15 - 13:15 | Aqua     | Main Pool | Jeanette   |
| 12:15 - 13:15 | Yoga     | Studio 2  | Anoop      |
| 18:00 - 18:45 | Pound    | Studio 1  | Simona     |
| 18:30 - 20:00 | Yoga     | Studio 2  | Shakta     |
| 19:00 - 20:00 | Circuits | Studio 1  | Majek      |
| 20:00 - 21:00 | Boxfit   | Studio 1  | Majek      |