

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 26/08/2026

Times for Saturday 29 August

Time	Session	Facility	Instructor
09:00 - 09:45	Circuits	Studio 1	Amz
10:00 - 10:45	Spin	Spin Studio	Amz
10:30 - 11:15	Zumba	Studio 1	Simona
11:20 - 12:20	Body Pump	Studio 1	Tina
12:15 - 12:45	Stretch	Studio 2	
13:00 - 14:00	Yoga	Studio 2	Shoba