

Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 26/08/2026

Times for Tuesday 1 September				
Time	Session	Facility	Instructor	
06:35 - 07:05	HIIT	Gym	Gym instructor	
09:00 - 10:30	Yoga	Studio 2		
09:30 - 10:30	Body Conditioning	Studio 1	Sarpreet	
11:00 - 12:00	Pilates	Studio 2	Jeanette	
12:00 - 13:00	Aqua	Main Pool	Jeanette	
16:00 - 17:00	Yoga	Studio 2	Anoop	
17:00 - 18:00	Pump	Studio 1		
18:00 - 18:30	Stretch	Studio 2		
18:00 - 18:45	Flex & Mobility	Studio 1		
18:15 - 19:00	Spin	Spin Studio	Majek	
19:00 - 20:00	Bokwa	Studio 1	Majek	
20:00 - 21:00	Boxfit	Studio 1	Majek	