Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Tuesday 24 November

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