Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Wednesday 25 November

Time	Session	Facility	Instructor
09:15 - 09:45	Spin	Spin Studio	
09:30 - 10:15	Body Combat	Studio 1	Yuki
09:45 - 10:45	Body Pump	Studio 2	
10:45 - 11:30	Boxing Circuits	Studio 1	
12:15 - 13:00	Aqua	Main Pool	
13:00 - 14:00	Chair Stretch & Mobility	Studio 2	
16:00 - 17:00	Yoga	Studio 2	Anoop
17:15 - 18:00	Step Fit	Studio 1	
18:00 - 18:45	Flex & Mobility	Studio 1	
19:00 - 20:00	Bollywood	Studio 1	Yasmin
19:00 - 20:00	Pump	Studio 2	
20:00 - 21:00	Aqua	Main Pool	Yuki