Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Thursday 26 November

Time	Session	Facility	Instructor
06:35 - 07:05	HIIT	Gym	Gym instructor
09:00 - 10:30	Yoga	Studio 2	
11:30 - 12:15	Stretch	Studio 2	
12:15 - 13:00	Aqua	Main Pool	
13:00 - 14:00	Stretch & Mobility	Studio 2	
16:00 - 17:00	Yoga	Studio 2	Anoop
16:30 - 18:00	Junior Gym	Gym	Gym instructor
18:30 - 19:15	HIIT Strength	Studio 1	Simona
19:20 - 20:00	Spin	Spin Studio	Simona
20:00 - 21:00	Bhangra	Studio 1	Yasmin