Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Friday 27 November

Time	Session	Facility	Instructor
08:30 - 10:00	Yoga	Studio 2	
09:30 - 10:00	HIIT	Studio 1	Sarpreet
10:00 - 10:30	Abs	Studio 1	Sarpreet
10:30 - 11:30	Pump	Studio 1	
11:15 - 12:15	Pilates	Studio 2	Jeanette
12:15 - 13:15	Aqua	Main Pool	Jeanette
12:15 - 13:15	Yoga	Studio 2	Anoop
18:00 - 18:45	Pound	Studio 1	Simona
18:30 - 20:00	Yoga	Studio 2	Shakta
19:00 - 20:00	Circuits	Studio 1	Majek
20:00 - 21:00	Boxfit	Studio 1	Majek