# Heston Exercise Timetable

## Heston Pool & Fitness

**Accurate as of 24/11/2026**

### Times for Saturday 28 November

| Time | Session | Facility | Instructor |
|---|---|---|---|
| 09:00 - 09:45 | Circuits | Studio 1 | Amz |
| 10:00 - 10:45 | Spin | Spin Studio | Amz |
| 10:30 - 11:15 | Zumba | Studio 1 | Simona |
| 11:20 - 12:20 | Body Pump | Studio 1 | Tina |
| 12:15 - 12:45 | Stretch | Studio 2 | |
| 13:00 - 14:00 | Yoga | Studio 2 | Shoba |