Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Sunday 29 November

Time	Session	Facility	Instructor
09:00 - 10:00	Body Conditioning	Studio 1	Majek
10:00 - 11:00	Legs Bums and Tums	Studio 1	Majek
11:00 - 12:00	Step Dance	Studio 1	Majek