Heston Exercise Timetable

Heston Pool & Fitness

Accurate as of 24/11/2026

Times for Monday 30 November

Time	Session	Facility	Instructor
11:00 - 12:00	Pilates	Studio 2	Jeanette
12:00 - 13:00	Aqua	Main Pool	Jeanette
16:00 - 17:00	Yoga	Studio 2	Anoop
17:00 - 17:45	Combat Aerobic	Studio 1	Moriel
18:00 - 19:00	Body Blast	Studio 1	Moriel
18:30 - 20:00	Yoga	Studio 2	
19:00 - 19:45	Spin	Spin Studio	Moriel
20:00 - 21:00	Boxfit	Studio 1	Yasmin