

# Hanworth Airpark Leisure Centre

## Group exercise timetable

### From 19th<sup>th</sup> July 2021



Monday	Time	Location	Instructor
HIIT & Abs	06:30-07:15	Gym	Matt
Aquafit	09:15-10:00	Splash Pool	Jeanette
Ab(spresso)	09:00-09:30	Gym	Matt
Full Body Burn	09:30-10:15	Gym	Matt
HIIT & Abs	10:15-11:00	Gym	Matt
Boxercise	09:45-10:30	Studio 1	Kay
Body Combat	10:30-11:15	Studio 1	Kay
Yoga	11:30-12:30	Studio 1	Hayley
Freestyle Pump	18:00-18:45	Studio 2	Nikki
Indoor Cycling	18:00-18:45	Studio 1	Trevor
Interval training	18:45-19:30	Studio 2	Jeannette
Indoor Cycling	18:45-19:30	Studio 1	Trevor
Pilates	19:30-20:30	Studio 1	Jeannette

Thursday	Time	Location	Instructor
Dance Aerobic	09:30-10:15	Studio 1	Nikki
Pilates	10:15-11:00	Studio 1	Nikki
Yoga	11:45-13:00	Studio 1	Hayley
50+ Aerobics	13:45-14:45	Studio 2	Jeanette
50+Aqua	14:45-15:15	Splash Pool	Jeanette
Boxercise	18:00-18:45	Studio 2	Jeanette
LBT Step	18:45-19:30	Studio 2	Jeanette
Zumba	18:45-19:30	Studio 1	Timea
Stretch & Tone	19:30-20:15	Studio 1	Timea
20-20-20	19:30-20:15	Studio 2	Nikki
Pilates	20:15-21:00	Studio 1	Nikki

Tuesday	Time	Location	Instructor
HIIT & Abs	06:30-07:15	Gym	Matt
Ab(spresso)	09:00-09:30	Gym	Matt
Full Body Burn	09:30-10:15	Gym	Matt
HIIT & Abs	10:15-11:00	Gym	Matt
LBT Step	09:30-10:15	Studio 2	Jeanette
Body Combat	09:30-10:15	Studio 1	Kay
Indoor Cycling & Abs	10:15-11:00	Studio 1	Jeanette
Pilates	11:15-12:15	Studio 1	Nikki
Aquafit	12:15-13:00	Splash Pool	Nikki
Zumba	18:15-19:00	Studio 1	Timea
Stretch & Tone	19:00-19:45	Studio 1	Timea
Aquafit (women's only)	19:00-19:30	Splash Pool	Jeanette
Aquafit (women's only)	19:30-20:00	Splash Pool	Jeanette
Body Conditioning	20:00-20:45	Studio 2	Jeanette

Friday	Time	Location	Instructor
Zumba	09:30-10:15	Studio 2	Timea
Stretch & Tone	10:15-11:00	Studio 2	Timea
Hatha Yoga	11:00-12:30	Studio 1	Hayley
Pilates with Bands	12:30-13:30	Studio 1	Nikki
Indoor Cycling	18:00-18:45	Studio 1	Trevor
Indoor Cycling	18:45-19:30	Studio 1	Trevor
Body Pump	18:15-19:00	Studio 2	Chaniqua
Zumba	19:00-19:45	Studio 2	Michelle

Saturday	Time	Location	Instructor
Strong Nation	09:30-10:15	Studio 2	Mario
Indoor Cycling	10:15-11:00	Studio 1	Trevor
Zumba	10:15-11:00	Studio 2	Mario
Indoor Cycling	11:00-11:45	Studio 1	Trevor
Body Burst	11:00-11:45	Studio 2	Jeanette
Core Workout	11:45-12:30	Studio 2	Jeanette

Wednesday	Time	Location	Instructor
Bootcamp	06:30-07:15	Studio 2	Matt
CARDIO & ABS	09:00-09:30	Gym	Matt
Circuit	09:30-10:15	Studio 2	Matt
HIIT & ABS	10:15-11:00	Studio 2	Matt
Stretch & Tone	10:15-11:00	Studio 1	Jeannette
Boxercise	11:00-11:45	Studio 2	Jeannette
Pilates	12:15-13:15	Studio 1	Nikki
Body Conditioning	18:45-19:30	Studio 2	Jeanette
Zumba	19:30-20:15	Studio 1	Michelle
Body Burst	19:30-20:15	Studio 2	Jeanette
Deep Water Aqua	20:15-21:00	Main Pool	Jeanette

Sunday	Time	Location	Instructor
Strong Nation	09:45-10:30	Studio 1	Mario
Zumba	10:30-11:15	Studio 1	Mario