



London Borough  
of Hounslow

# Fitness Class Timetable

Autumn 2010



**Brentford  
Fountain  
Leisure  
Centre**





## Fitness Class Programme

### MONDAY

07:00 – 07:30	Spin
07:30 – 08:00	Spin
10:00 – 10:30	Prime Time Keep Fit
10:45 – 11:15	Prime Time Aqua
10:00 – 10:30	Spin
10:30 – 11:00	Spin
12:00 – 13:00	Pilates
12:00 – 12:30	Lunchtime Spin
12:30 – 13:00	Lunchtime Spin
17:30 – 18:30	Boot Camp
18:30 – 19:30	Skip, Abs & Arms
18:45 – 19:30	Spin
19:30 – 20:30	Cardio Sculpt

### TUESDAY

07:00 – 07:30	Spin
07:30 – 08:00	Spin
10:00 – 11:00	Hi Lo
12:00 – 12:30	Lunchtime Spin
12:30 – 13:00	Lunchtime Spin
13:30 – 14:00	Spin
13:30 – 15:00	Yoga
19:00 – 20:00	Box Zone
20:00 – 21:00	Pilates

### WEDNESDAY

07:00 – 07:45	Body Zone
10:00 – 10:45	Spin
12:00 – 13:00	Pilates
13:30 – 14:30	LBT
18:00 – 18:30	Spin
18:00 – 20:00	Women's Evening
18:30 – 20:00	Yoga
19:00 – 19:30	Spin
19:30 – 20:00	Spin
20:00 – 21:00	Step & Tone

### THURSDAY

07:00 – 07:45	Body Zone
09:15 – 10:00	Spin
10:00 – 12:00	Women's Morning
12:00 – 12:30	Spin
12:30 – 13:30	Legs, Bums & Tums
18:30 – 19:15	Spin
19:15 – 20:00	Pilates (Beginners)
20:00 – 21:00	Pilates (Intermediate/ Advanced)

### FRIDAY

09:15 – 10:00	Spin
10:00 – 11:00	Body Zone
12:00 – 13:00	Box Zone
19:00 – 20:30	Yoga

### SATURDAY

09:15 – 10:00	Spin
10:00 – 10:45	Spin
11:00 – 12:00	Body Zone
12:30 – 13:30	Zumba
12:30 – 13:00	Spin
13:00 – 13:30	Spin
14:00 – 15:00	Box Zone
15:30 – 16:30	Pilates

### SUNDAY

10:00 – 10:30	Spin
10:30 – 11:00	Spin
11:00 – 12:00	Boot Camp



Brentford Fountain Leisure Centre  
658 Chiswick High Road  
Brentford  
Middlesex TW8 0HJ

[www.hounslow-leisure.com](http://www.hounslow-leisure.com)  
Telephone: **0845 456 6675\*\***

\*\*Calls from BT max 5ppm, other providers may vary

