



London Borough
of Hounslow

Fitness Class Timetable

From Monday 4th January 2010



**Brentford
Fountain
Leisure
Centre**





Fitness Class Programme

MONDAY

07:00 – 07:30	Express Spin
07:30 – 08:00	Express Spin
10:00 – 10:30	Prime time keep fit 50+
10:45 – 11:15	Prime time Aqua 50+
12:00 – 13:00	Pilates
18:00 – 18:45	Skip, Abs and Arms
18:45 – 19:30	Spin
19:30 – 20:30	Cardio Sculpt

TUESDAY

07:00 – 07:30	Express Spin
07:30 – 08:00	Express Spin
10:00 – 11:00	Hi / Lo Tone to go
12:00 – 12:30	Lunchtime Spin
12:30 – 13:00	Lunchtime Spin
13:30 – 15:00	Yoga
19:00 – 20:00	Box Zone
20:00 – 21:00	Pilates

WEDNESDAY

10:00 – 10:45	Spin
12:00 – 13:00	Pilates
18:00 – 18:45	Spin
18:30 – 20:00	Kundalini Yoga
20:00 – 21:00	Step and Tone

THURSDAY

09:00 – 09:45	Spin
19:00 – 19:45	Spin
19:15 – 20:00	Pilates (beginner)
20:00 – 21:00	Pilates (intermediate / advanced)

FRIDAY

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

SATURDAY

09:00 – 09:45	Spin
10:00 – 10:45	Spin
11:00 – 12:00	Body Zone



Brentford Fountain Leisure Centre
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Brentford
Middlesex TW8 0HJ

www.hounslow-leisure.com
Telephone: **0845 456 6675****

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

