

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 03/09/2024

Times for Tuesday 23 July



Time	Session	Facility	Instructor
07:00 - 07:30	HIIT	Studio 1	Moriel
09:00 - 09:45	World Dance	Studio 1	Moriel
10:00 - 10:45	Indoor Cycling	Studio 2	Dee
10:00 - 11:00	Pilates	Studio 1	Francesca
11:00 - 11:45	Aerobics (50+)	Studio 1	Francesca
11:15 - 12:45	Yoga	Library Room	Cheryl
12:00 - 12:45	Stretch & Flex	Studio 1	Janet
12:00 - 12:45	Aqua (50+)	Learner Pool	Danny
16:00 - 17:00	Junior Gym	Gym	
17:00 - 18:00	Junior Gym	Gym	
18:00 - 19:00	Strength & Conditioning	Studio 1	
18:30 - 19:30	Spin	Spin Studio	Dee