

# Isleworth Group Exercise Timetable

## Isleworth Leisure Centre & Library

Accurate as of 02/08/2024

### Times for Thursday 8 August



| Time          | Session            | Facility     | Instructor |
|---------------|--------------------|--------------|------------|
| 09:30 - 10:00 | Spinsanity         | Studio 1     | Moriel     |
| 09:30 - 11:00 | Yoga               | Library Room | Catherine  |
| 10:15 - 11:00 | Legs Bums and Tums | Studio 1     | Kyle       |
| 11:00 - 12:00 | Bokwa              | Studio 1     | Majek      |
| 16:00 - 17:00 | Junior Gym         | Gym          | Leon       |
| 17:00 - 18:00 | Junior Gym         | Gym          | Leon       |
| 18:00 - 19:00 | Step & Tone        | Studio 1     | Soranny    |
| 18:30 - 19:15 | Indoor Cycling     | Spin Studio  | Ula        |
| 19:00 - 19:45 | Aquafit            | Learner Pool | Danny      |
| 19:30 - 20:30 | Let's Lift         | Studio 1     | Ula        |
| 19:45 - 20:30 | Aquafit            | Learner Pool | Danny      |