

# Isleworth Group Exercise Timetable

## Isleworth Leisure Centre & Library

Accurate as of 17/08/2024

### Times for Friday 23 August



Time	Session	Facility	Instructor
07:00 - 07:30	Circuits	Studio 1	Kyle
09:00 - 10:00	Combat Fit	Studio 1	Moriel
10:00 - 11:00	Body Blast	Studio 1	Moriel
11:00 - 12:00	Yoga	Studio 1	Catherine
12:30 - 13:30	Strength & Conditioning	Studio 1	
18:00 - 19:00	Strength & Conditioning	Studio 1	