

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/08/2024

Times for Saturday 24 August



| Time | Session | Facility | Instructor |
|---------------|------------|----------|------------|
| 09:00 - 10:00 | Zumba | Studio 1 | Francesca |
| 10:00 - 11:00 | Zumba Tone | Studio 1 | Francesca |
| 11:00 - 12:00 | Yoga | Studio 1 | Catherine |