

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 08/09/2024

Times for Wednesday 4 September



Time	Session	Facility	Instructor
07:00 - 07:30	Circuits	Studio 1	Paulo
10:00 - 10:45	Zumba	Studio 1	Dee
11:00 - 11:45	Stretch & Flex	Studio 1	Dee
19:00 - 19:45	Indoor Cycling & Stretch	Studio 2	Moriel
19:00 - 19:45	Aquafit	Learner Pool	Janet
19:45 - 20:45	Yoga Pilates mix	Library Room	Suzanne