

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 08/09/2024

Times for Tuesday 10 September



| 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 |