

# Isleworth Group Exercise Timetable

## Isleworth Leisure Centre & Library

Accurate as of 13/09/2024

### Times for Thursday 19 September



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