

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 19/04/2024

Times for Monday 24 January



Time	Session	Facility	Instructor
06:45 - 07:30	Indoor Cycling	Studio 2	Trevor
09:30 - 10:15	Zumba	Studio 1	Soranny
10:15 - 11:00	Rumbaerobics	Studio 1	Soranny
11:15 - 12:15	Yoga	Studio 1	Soranny
18:00 - 19:00	Pilates	Studio 1	Soranny
19:15 - 20:15	Body Balance	Studio 1	Soranny
20:00 - 21:00	Total Body Conditioning	Studio 1	Ula