

# Isleworth Group Exercise Timetable

## Isleworth Leisure Centre & Library

Accurate as of 02/07/2022

### Times for Wednesday 2 February



Time	Session	Facility	Instructor
06:35 - 07:20	Indoor Cycling	Studio 2	Ula
07:00 - 07:30	HIIT	Studio 1	Kay/Moriel
10:00 - 10:45	Zumba	Studio 1	Dee
11:00 - 11:45	Stretch & Flex	Studio 1	
18:15 - 19:00	Boxercise	Studio 1	Soranny
19:00 - 19:45	Indoor Cycling & Stretch	Studio 2	Moriel/Kay
19:15 - 20:00	Aquafit	Learner Pool	Soranny
20:00 - 21:00	Body Balance	Library Room	Soranny