

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 03/07/2025

Times for Thursday 3 February				
Time	Session	Facility	Instructor	
09:15 - 10:15	Spinsanity	Spin Studio	Francesca	
09:30 - 11:00	Yoga	Library Room	Catherine	
10:15 - 11:00	Legs Bums and Tums	Studio 1	Kyle	
18:15 - 19:15	Step & Tone	Studio 1	Meghana	
19:30 - 20:30	Let's Lift	Studio 1	Ula	