

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 20/04/2024

Times for Monday 4 July



| 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 |