

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 14/05/2024

Times for Thursday 7 July



Time	Session	Facility	Instructor
09:00 - 09:30	Spinsanity	Studio 1	Soranny
09:30 - 10:00	Spinsanity	Studio 1	Soranny
09:30 - 11:00	Yoga	Library Room	Catherine
10:15 - 11:00	Legs Bums and Tums	Studio 1	Soranny
18:00 - 19:00	Step & Tone	Studio 1	Soranny
19:30 - 20:30	Let's Lift	Studio 1	Ula