Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 21/04/2026

Times for Tuesday 13 February

Time	Session	Facility	Instructor
07:00 - 07:30	HIIT	Studio 1	Moriel
09:00 - 10:00	World Dance	Studio 1	Moriel
10:00 - 10:45	Indoor Cycling	Spin Studio	Dee
10:00 - 11:00	Pilates	Studio 1	Francesca
11:00 - 11:45	Aerobics (50+)	Studio 1	Francesca
11:15 - 12:45	Yoga	Library Room	Cheryl
15:30 - 16:30	Junior Gym	Gym	Gym Team
16:30 - 17:30	Junior Gym	Gym	Gym Team