

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 21/04/2026

Times for Wednesday 14 February



Time	Session	Facility	Instructor
10:00 - 11:00	Zumba	Studio 1	Dee
18:00 - 18:45	Indoor Cycling & Stretch	Spin Studio	Moriel
19:45 - 20:45	Yoga Pilates mix	Library Room	Daniela