

# Isleworth Group Exercise Timetable

## Isleworth Leisure Centre & Library

Accurate as of 21/04/2026

### Times for Friday 16 February



Time	Session	Facility	Instructor
09:00 - 10:00	Combat Fit	Studio 1	Moriel
10:00 - 11:00	Body Blast	Studio 1	Moriel
11:00 - 12:00	Yoga	Studio 1	Catherine