

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 05/05/2024

Times for Saturday 27 April



Time	Session	Facility	Instructor
08:45 - 09:45	Zumba	Studio 1	Dee
09:45 - 10:45	Zumba Tone	Studio 1	Dee
10:00 - 10:45	Indoor Cycling	Spin Studio	Soranny
10:45 - 11:45	Pilates	Studio 1	Soranny
11:00 - 12:00	Yoga	Library Room	Catherine
11:45 - 12:45	Step & Tone	Studio 1	Soranny
12:45 - 13:45	Tai Chi	Studio 1	Soranny
14:30 - 15:00	Legs Bums and Tums	Studio 1	