

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 05/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Instructor
10:00 - 10:45	Zumba	Studio 1	Dee
11:00 - 11:45	Stretch & Flex	Studio 1	Dee
16:00 - 17:00	Junior Gym	Gym	Leon
17:00 - 18:00	Junior Gym	Gym	Leon
18:00 - 19:00	Boxercise	Studio 1	Soranny
19:00 - 19:45	Indoor Cycling & Stretch	Studio 2	Moriel
19:45 - 20:45	Body Balance	Library Room	Soranny