

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 19/05/2024

Times for Friday 3 May



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
12:00 - 12:30	HIIT	Studio 1	Kyle