

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/09/2026

Times for Friday 18 September			
Time	Session	Facility	Instructor
07:00 - 07:30	Circuits	Studio 1	Gym Team
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
12:30 - 13:15	Strength & Conditioning	Studio 1	Vnisha