

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/09/2026

Times for Saturday 19 September



Time	Session	Facility	Instructor
09:00 - 10:00	Zumba	Studio 1	Dee
10:00 - 11:00	Zumba Tone	Studio 1	Dee
11:00 - 12:00	Yoga	Studio 1	Catherine