

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/09/2026

Times for Sunday 20 September			
Time	Session	Facility	Instructor
08:30 - 09:15	Balls Pilates	Studio 1	Adrien
09:25 - 10:55	Yoga	Studio 1	Cheryl
11:00 - 12:00	Combat Camp	Studio 1	Francesca