

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/09/2026

Times for Wednesday 23 September

Time	Session	Facility	Instructor
07:00 - 07:30	Circuits	Studio 1	Moriel
09:00 - 09:45	Balls Pilates	Studio 1	Adrien
10:00 - 11:00	Zumba	Studio 1	Dee
11:00 - 12:30	50+ Senior Strength	Studio 1	Dee
18:00 - 18:45	Indoor Cycling & Stretch	Spin Studio	Moriel
19:00 - 19:45	Aquafit	Learner Pool	Janet
19:00 - 19:45	Indoor Cycling	Spin Studio	Dee
19:45 - 20:45	Yoga Pilates mix	Library Room	Daniela