

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 18/09/2026

Times for Thursday 24 September			
Time	Session	Facility	Instructor
09:15 - 10:15	Spinsanity	Spin Studio	Francesca
09:30 - 11:00	Yoga	Library Room	Catherine
10:15 - 11:00	Legs Bums and Tums	Studio 1	Kyle
15:30 - 16:30	Junior Gym	Gym	Gym Team
16:30 - 17:30	Junior Gym	Gym	Gym Team
18:15 - 19:15	Step & Tone	Studio 1	Meghana
18:30 - 19:15	Indoor Cycling	Spin Studio	Ula
19:00 - 19:45	Aquafit	Learner Pool	Danny
19:30 - 20:30	Let's Lift	Studio 1	Ula