

# GEX TIMETABLE

Isleworth Leisure Centre

MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Indoor Cycling	06:45-07:30	2	Trevor
Zumba	09:30-10:15	1	Soranny
Rumbaerobics	10:30-11:15	1	Soranny
Aquafit	12:15-13:00	Teaching Pool	Soranny
Indoor Cycling	18:15-19:00	2	Ula
Zumba	18:15-19:00	1	Dee
Tai Chi	12:30-13:30	Library	Soranny
Body Balance	19:15-20:15	Studio 1	Soranny
Total Body Conditioning	19:15-20:00	1	Ula
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
HIIT	07:00-07:30	1	Moriel
World dance	09:00-09:45	1	Moriel
Indoor Cycling	10:00-10:45	2	Dee
Pilates	10:00-11:00	1	Maxine C
Aerobics (50+)	11:15-12:00	1	Maxine C
Yoga	11:15-12:45	Library Room	Cheryl
Aqua (50+)	12:00-12:45	Teaching Pool	Dee
Indoor Cycling	18:30-19:15	2	Dee
Step & Tone	18:15-19:00	1	Sue
Total Body Conditioning	19:15-20:00	1	Sue
WEDNESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Indoor Cycling	06:45-07:30	2	Ula
HIIT	07:00-07:30	1	Kay/Moriel
Zumba	10:00-10:45	1	Dee
Boxercise	18:00-18:45	1	Soranny
Indoor Cycling & Stretch	19:00-19:45	2	Moriel/Kay
Aquafit	19:00-19:45	Teaching pool	Soranny
Body Balance	20:00-21:00	Library Room	Dee

THURSDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Circuits	07:00-07:30	1	Majek
Spinsanity	09:00-09:30	1	Soranny
Spinsanity	09:30-10:00	1	Soranny
Yoga	09:30-11:00	Library Room	Catherine
Body Conditioning	10:15-11:00	1	Soranny
Step & Tone	18:15-19:00	1	Sue
Aquafit	18:45-19:30	Teaching Pool	Soranny
Total Body Conditioning	19:30-20:15	1	Sue
Aquafit	19:30-20:15	Teaching Pool	Soranny
FRIDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
HITT	07:00-07:30	1	Kay/Moriel
Combat Fit	09:00-09:45	1	Moriel
Body Blast	10:00-10:45	1	Moriel
Yoga	11:00-12:00	1	Catherine
SATURDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Zumba	09:00-09:45	1	Dee
Zumba Tone	10:00-10:45	1	Dee
Indoor Cycling	10:30-11:15	2	Soranny
Yoga Pre-Natal	11:00-12:00	1	Catherine
Step & Tone	12:30-13:15	1	Sue
Tai Chi	12:30-13:30	1	Soranny
Body Balance	13:30-14:30	1	Soranny
SUNDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Yoga	09:45-11:15	1	Cheryl