

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 28/04/2024

| Times for Thursday 25 July |             |                      |            |       |
|----------------------------|-------------|----------------------|------------|-------|
| Time                       | Session     | Facility             | Instructor | Level |
| 10:30 - 11:30              | Boxfit      | Studio 1             | Godfrey    | All   |
| 12:00 - 12:45              | Group Cycle | Group Cycling Studio | Godfrey    | 1     |
| 19:30 - 20:30              | Key Areas   | Studio 1             | Sybil      | All   |