

Group Exercise Classes

Newham Leisure Centre

Accurate as of 17/05/2025

Times for Friday 26 July



| Time | Session | Facility | Instructor | Level |
|---------------|-----------|----------|------------|-------|
| 09:20 - 10:20 | Key Areas | Studio 2 | Floyd | All |
| 10:30 - 11:30 | Yoga | Studio 1 | Paula | All |
| 18:00 - 19:00 | Total Abs | Studio 1 | Sybil | All |