

Group Exercise Classes

Newham Leisure Centre

Accurate as of 29/04/2024

Times for Monday 16 September



Time	Session	Facility	Instructor	Level
09:15 - 10:00	Group Cycle	Group Cycling Studio	Godfrey	All
10:00 - 11:00	Combat Cardio	Studio 1	Naomi	All
11:15 - 12:15	Pump	Studio 1	Naomi	All
19:05 - 19:50	Female Only Aquafit	Main Pool	Sybil	All
20:00 - 21:00	Pilates	Studio 1	Paula	All