

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 17 September



| Time          | Session          | Facility             | Instructor | Level |
|---------------|------------------|----------------------|------------|-------|
| 06:30 - 07:30 | Bootcamp         | Studio 1             | Janie      | All   |
| 07:30 - 08:30 | Yoga (Yin-Yang)  | Studio 2             | Rashida    | All   |
| 10:00 - 11:00 | Step To The Beat | Studio 1             | Laurie     | All   |
| 10:30 - 11:30 | Pilates          | Studio 2             | Paula      | All   |
| 11:15 - 12:00 | Absolute Abs     | Studio 1             | Laurie     | All   |
| 18:00 - 18:45 | Group Cycle      | Group Cycling Studio | Janie      | All   |
| 18:00 - 19:00 | SWEAT            | Functional Box       | Jason      | All   |