

Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/05/2024

Times for Friday 20 September				
Time	Session	Facility	Instructor	Level
10:00 - 11:00	Hatha Yoga	Studio 2	Paula	All
10:00 - 11:00	Total Body 360	Studio 1	Naila	2
18:00 - 19:00	Total Abs	Studio 1	Sybil	All