

Group Exercise Classes

Newham Leisure Centre

Accurate as of 24/04/2024

Times for Tuesday 24 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 |