

Group Exercise Classes

Newham Leisure Centre

Accurate as of 16/05/2024

Times for Friday 15 November				
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