

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 26/04/2024

### Times for Friday 22 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