

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 02/05/2024

### Times for Monday 10 August



| Time          | Session             | Facility             | Instructor | Level |
|---------------|---------------------|----------------------|------------|-------|
| 09:15 - 10:00 | Group Cycle         | Group Cycling Studio | Godfrey    | All   |
| 10:00 - 11:00 | Combat Cardio       | Studio 1             | Naomi      | All   |
| 11:15 - 12:15 | Pump                | Studio 1             | Naomi      | All   |
| 12:30 - 13:30 | Yoga                | Studio 1             | Rashida    | All   |
| 19:05 - 19:50 | Female Only Aquafit | Main Pool            | Sybil      | All   |
| 20:00 - 21:00 | Pilates             | Studio 1             | Paula      | All   |