

Group Exercise Classes

Newham Leisure Centre

Accurate as of 20/04/2024

Times for Monday 17 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