

Group Exercise Classes

Newham Leisure Centre

Accurate as of 23/04/2024

Times for Thursday 20 August



Time	Session	Facility	Instructor	Level
09:30 - 10:30	HIIT Circuit	Studio 2	Godfrey	2
10:30 - 11:30	Boxfit	Studio 1	Godfrey	All
12:00 - 12:45	Group Cycle	Group Cycling Studio	Godfrey	1
19:30 - 20:30	Key Areas	Studio 1	Sybil	All