

Group Exercise Classes

Newham Leisure Centre

Accurate as of 12/05/2024

Times for Wednesday 28 July				
Time	Session	Facility	Instructor	Level
06:30 - 07:15	Group Cycle	Studio 1	Sybil	All
10:00 - 11:00	HIIT	Studio 1	Godfrey	All
19:00 - 20:00	Sassy Boot Camp	Running Track	Michelle	All