

Group Exercise Classes

Newham Leisure Centre

Accurate as of 17/04/2024

Times for Monday 2 August



Time	Session	Facility	Instructor	Level
06:30 - 07:15	Group Cycle	Studio 1	Sybil	All
12:00 - 13:00	Yoga	Studio 1	Wendy	All
20:00 - 21:00	Pilates	Studio 1	Paula	All