

Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 3 August				
Time	Session	Facility	Instructor	Level
10:15 - 11:15	Pilates	Studio 1	Paula	All
18:00 - 19:00	Sassy Zumba	Running Track	Michelle	All
19:15 - 20:00	Group Cycle	Studio 1	Godfrey	All