

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 29/04/2024

### Times for Monday 20 June



Time	Session	Facility	Instructor	Level
06:30 - 07:15	Group Cycle	Group Cycling Studio	Sybil	All
09:20 - 10:20	Zumba	Studio 1	Cintia	All
10:00 - 11:00	Circuits	Studio 2	Seun	50+
12:00 - 13:00	Yoga	Studio 1	Paula	All
19:15 - 20:00	Aqua Fit	Main Pool	Sybil	All
20:00 - 21:00	Pilates	Studio 1	Paula	All