

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 21 June



Time	Session	Facility	Instructor	Level
06:30 - 07:30	Bootcamp	Studio 1	Seun	All
10:15 - 11:15	Pilates	Studio 1	Paula	All
16:00 - 17:00	Junior Box Fit	Studio 2	Seun	All
18:00 - 19:00	Sassy Zumba	8 Court Sports Hall	Michelle	All
19:15 - 20:00	Group Cycle	Group Cycling Studio	Godfrey	All
19:15 - 20:15	Sassy Tone	8 Court Sports Hall	Michelle	All