

Group Exercise Classes

Newham Leisure Centre

Accurate as of 29/04/2024

Times for Friday 24 June



Time	Session	Facility	Instructor	Level
06:30 - 07:15	Group Cycle	Group Cycling Studio	Sybil	2
09:45 - 10:45	HIIT Circuit	Studio 1	Godfrey	All
10:15 - 11:15	Yoga	Studio 2	Paula	All