

# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 15/05/2024

| Times for Saturday 25 June |             |                      |                    |       |
|----------------------------|-------------|----------------------|--------------------|-------|
| Time                       | Session     | Facility             | Instructor         | Level |
| 09:15 - 10:00              | Group Cycle | Group Cycling Studio | Fitness Instructor | All   |
| 10:15 - 11:15              | HIIT & Tone | Studio 2             | Fitness Instructor | All   |