

Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 29 June				
Time	Session	Facility	Instructor	Level
09:45 - 10:45	HIIT Step	Studio 1	Naomi	1
11:00 - 12:00	Body Conditioning	Studio 1	Naomi	All
19:00 - 20:00	Sassy Boot Camp	Studio 1	Michelle	All