

Group Exercise Classes

Newham Leisure Centre

Accurate as of 17/04/2024

Times for Thursday 30 June



Time	Session	Facility	Instructor	Level
06:30 - 07:30	Bootcamp	6 Court Sports Hall	Seun	All
10:30 - 11:30	Boxfit	Studio 1	Seun	All
16:00 - 17:00	Junior Circuits	Studio 2	Fitness Instructor	All
19:00 - 19:45	Group Cycle	Group Cycling Studio	Godfrey	1
20:00 - 21:00	Key Areas	Studio 1	Godfrey	All