


# Group Exercise Classes

## Newham Leisure Centre

Accurate as of 27/04/2024

Times for Friday 1 July					
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	