

Group Exercise Classes

Newham Leisure Centre

Accurate as of 06/05/2026

Times for Wednesday 6 May



| Time | Session | Facility | Instructor | Level |
|---------------|-------------------|----------------|------------|-------|
| 06:30 - 07:30 | SWEAT | Functional Box | Graham | 1 |
| 09:45 - 10:45 | HIIT Step | Studio 1 | Naomi | 1 |
| 11:00 - 11:50 | Body Conditioning | Studio 1 | Naomi | All |
| 12:05 - 12:50 | Aqua Fit | Main Pool | Naomi | All |
| 18:00 - 18:45 | Absolute Abs | Studio 1 | Laurie | All |
| 19:00 - 20:00 | Cardio Step | Studio 1 | Laurie | All |