

Group Exercise Classes

Newham Leisure Centre

Accurate as of 06/05/2026

Times for Saturday 9 May



| Time | Session | Facility | Instructor | Level |
|---------------|--------------|----------------|------------|-------|
| 09:00 - 10:00 | Lift Club | Functional Box | Jason | 1 |
| 10:15 - 11:45 | Open Session | Functional Box | Jason | All |
| 12:00 - 12:50 | HIIT & Tone | Gym | Naomi | All |
| 13:10 - 14:10 | Aqua Fit | Main Pool | Naomi | All |