Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Monday 2 November

Time	Session	Facility	Instructor	Level
06:30 - 07:30	SCULPT	Functional Box	Graham	1
09:15 - 10:00	Group Cycle	Group Cycling Studio	Godfrey	All
10:00 - 11:00	Combat Cardio	Studio 1	Naomi	All
11:15 - 12:15	Pump	Studio 1	Naomi	All
12:30 - 13:30	Yoga	Studio 1	Rashida	All
18:00 - 18:50	Body Tone	Studio 2	Laurie	All
18:45 - 19:30	Group Cycle	Group Cycling Studio	Godfrey	All
19:05 - 19:50	Female Only Aquafit	Main Pool	Sybil	All
19:40 - 20:40	Boxfit	Studio 2	Godfrey	All
20:00 - 21:00	Pilates	Studio 1	Paula	All