Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Tuesday 3 November

Time	Session	Facility	Instructor	Level
06:30 - 07:30	Bootcamp	Studio 1	Janie	All
07:30 - 08:30	Yoga (Yin-Yang)	Studio 2	Rashida	All
10:00 - 11:00	Step To The Beat	Studio 1	Laurie	All
10:30 - 11:30	Pilates	Studio 2	Paula	All
11:15 - 12:00	Absolute Abs	Studio 1	Laurie	All
18:00 - 18:45	Group Cycle	Group Cycling Studio	Janie	All
18:00 - 19:00	SWEAT	Functional Box	Jason	All
19:00 - 20:00	LIFT Women Only	Functional Box	Jason	All