Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Wednesday 4 November

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