Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Thursday 5 November

Time	Session	Facility	Instructor	Level
06:30 - 07:15	Group Cycle	Studio 1	Janie	All
09:30 - 10:30	HIIT Circuit	Studio 2	Godfrey	2
10:30 - 11:30	Boxfit	Studio 1	Godfrey	All
12:00 - 12:45	Group Cycle	Group Cycling Studio	Godfrey	1
18:00 - 19:00	Met - Con	Functional Box	Fitness Instructor	All
18:30 - 19:15	Dance Fit	Studio 1	Cleopatra	All
18:45 - 19:30	Group Cycle	Group Cycling Studio	Anne	All
19:00 - 20:00	Lift 101	Functional Box	Jason	All
19:30 - 20:30	Key Areas	Studio 1	Sybil	All