Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Friday 6 November

Time	Session	Facility	Instructor	Level
06:30 - 07:30	BUILD	Functional Box	Graham	1
07:30 - 08:30	BUILD	Functional Box	Graham	1
09:20 - 10:20	Key Areas	Studio 2	Floyd	All
10:30 - 11:30	Yoga	Studio 1	Paula	All
10:30 - 11:30	Kettle Club	Functional Box	Floyd	All
18:00 - 19:00	Total Abs	Studio 1	Sybil	All
19:15 - 20:15	STRETCH	Studio 1	Fitness Instructor	All