Group Exercise Classes

Newham Leisure Centre

Accurate as of 02/11/2026

Times for Saturday 7 November

Time	Session	Facility	Instructor	Level
09:00 - 10:00	Lift Club	Functional Box	Jason	1
10:15 - 11:45	Open Session	Functional Box	Jason	All
12:00 - 12:50	HIIT & Tone	Gym	Naomi	All
13:10 - 14:10	Aqua Fit	Main Pool	Naomi	All