



FREE WEEKLY GROUP EXERCISE CLASSES ACROSS NEWHAM

BOOK NOW

[OURPARKS.ORG.UK/NEWHAM](https://ourparks.org.uk/newham)

SCAN ME



LOCATION	ACTIVITY	DAY	TIME
Stratford Park E15 4PT (2 FREE sessions per week)	Back to Exercise Bootcamp	Wednesday Saturday	10:30 10:00
Central Park E6 6ET (2 FREE sessions per week)	Back to Exercise Bootcamp	Monday Sunday	9:30 10:30
Plashet Park E6 1DQ (2 FREE sessions per week)	Our Circuit Boxfit	Friday Saturday	10:00 9:30
Canning Town Rec E16 3PB (2 FREE sessions per week)	Abs, Bums & Thighs Boxfit	Saturday Friday	10:30 10:00

All our classes are designed for individuals new or returning to exercise.

funded by

