

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 26/04/2024

Times for Friday 30 July



| Time | Session | Facility | Instructor | Level |
|---------------|--------------|----------------------|------------|-------|
| 10:00 - 10:45 | active Cycle | Group Cycling Studio | Munza | All |
| 12:00 - 13:00 | Yoga | Studio | Benita | All |