Group Exercise Classes East Ham Leisure Centre

Accurate as of 04/04/2024

| Times for Thursday 23 September | | | | • |
|---------------------------------|--------------|----------------------|------------|-------|
| Time | Session | Facility | Instructor | Level |
| 10:00 - 10:45 | active Cycle | Group Cycling Studio | Floyd | All |
| 18:00 - 19:00 | Body Blitz | Studio | Heather | All |