Group Exercise Classes East Ham Leisure Centre

Accurate as of 15/05/2024

| Times for Friday 24 September | | | | |
|-------------------------------|--------------|----------------------|------------|-------|
| Time | Session | Facility | Instructor | Level |
| 10:00 - 10:45 | active Cycle | Group Cycling Studio | Munza | All |
| 12:00 - 13:00 | Yoga | Studio | Benita | All |