## **Group Exercise Classes East Ham Leisure Centre**

## Accurate as of 03/07/2025

| Times for Thursday 27 January |              |                      |            | <b>©</b> |
|-------------------------------|--------------|----------------------|------------|----------|
| Time                          | Session      | Facility             | Instructor | Level    |
| 09:30 - 10:30                 | Cardio Blast | Studio               | Floyd      | All      |
| 10:45 - 11:45                 | active Cycle | Group Cycling Studio | Floyd      | All      |