Group Exercise Classes

East Ham Leisure Centre

Accurate as of 10/10/2026

Times for Monday 31 January

Time	Session	Facility	Instructor	Level
09:30 - 10:30	Bhangra Aerobics	Studio	Munza	All
10:45 - 11:45	HIIT	Studio	Munza	All
18:00 - 19:00	Body Conditioning	Studio	Anne	All
19:15 - 20:15	Drum N Bass Workout	Studio	Heather	All