

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 26/09/2023

Times for Tuesday 1 February



Time	Session	Facility	Instructor	Level
09:30 - 10:30	HIIT	Studio	Munza	All
10:45 - 11:45	active Cycle	Group Cycling Studio	Munza	All
18:00 - 19:00	LBT	Studio	Anne	All
19:15 - 20:15	Yoga	Studio	Benita	All