

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 6 July				
Time	Session	Facility	Instructor	Level
10:00 - 11:00	active Kick	Studio	Dave Mc	All
11:15 - 12:15	Body Tone	Studio	Dave Mc	All
18:00 - 19:00	Circuits	Studio	Dave Mc	All