

# Group Exercise Classes

## East Ham Leisure Centre

Accurate as of 26/04/2024

### Times for Thursday 7 July



Time	Session	Facility	Instructor	Level
09:30 - 10:30	Cardio Blast	Studio	Floyd	All
10:45 - 11:15	active Cycle	Group Cycling Studio	Floyd	All
18:00 - 19:00	Body Blitz	Studio	Heather	All