


Group Exercise Classes

East Ham Leisure Centre

Accurate as of 07/05/2024

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	