

# Group Exercise Classes

## East Ham Leisure Centre

Accurate as of 23/04/2024

### Times for Friday 8 July



Time	Session	Facility	Instructor	Level
09:30 - 10:15	active Cycle	Group Cycling Studio	Munza	All
10:30 - 11:30	active Core	Studio	Munza	All
12:00 - 13:00	Yoga	Studio	Benita	All
19:00 - 20:00	Pilates	Studio	Anne	All