

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



Time	Session	Facility	Instructor	Level
07:00 - 08:00	Yoga	Studio	Benita	All
09:00 - 10:00	Cardio Blast	Studio	Floyd	All
10:00 - 11:00	Step & Tone	Studio	Floyd	All
11:00 - 11:45	Group Cycle	Group Cycling Studio	Floyd	All
18:00 - 19:00	Body Blitz	Studio	Heather	All
19:00 - 20:00	active Cycle	Group Cycling Studio	Munza	All