

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 17/05/2024

| Times for Monday 22 April | | | | |
|---------------------------|---------------------|----------------------|------------|-------|
| Time | Session | Facility | Instructor | Level |
| 09:30 - 10:30 | LBT | Studio | Munza | All |
| 10:30 - 11:30 | Bhangra Aerobics | Studio | Munza | All |
| 11:35 - 12:20 | active Cycle | Group Cycling Studio | Munza | All |
| 18:00 - 19:00 | Body Conditioning | Studio | Marina | All |
| 19:00 - 20:00 | Drum N Bass Workout | Studio | Heather | All |
| 19:05 - 19:50 | active Cycle | Group Cycling Studio | Marina | All |