

# Group Exercise Classes

## East Ham Leisure Centre

Accurate as of 06/05/2024

### Times for Monday 29 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   |