

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Tuesday 6 October					
Time	Session	Facility	Instructor	Level	
09:30 - 10:30	LBT	Studio	Munza	All	
10:30 - 11:30	Circuits	Studio	Munza		
11:35 - 12:20	active Cycle	Group Cycling Studio	Munza	All	
18:05 - 19:00	Body Conditioning	Studio	Ann P	All	
19:00 - 20:00	Yoga	Studio	Benita	All	
19:10 - 19:55	active Cycle	Group Cycling Studio	Ann P	2/3	