

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Wednesday 7 October				
Time	Session	Facility	Instructor	Level
10:00 - 11:00	active Kick	Sports Hall	Dave Mc	2/3
11:00 - 12:00	Body Tone	Studio	Dave Mc	All
18:00 - 19:00	Circuits	Studio	Dave Mc	All
18:15 - 19:00	active Cycle	Group Cycling Studio	Godfrey	All
19:05 - 20:05	Body Conditioning	Studio	Godfrey	All