

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Thursday 8 October					
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	