

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Friday 9 October

Time	Session	Facility	Instructor	Level
09:30 - 10:15	Group Cycle	Group Cycling Studio	Munza	All
09:30 - 10:30	LBT	Studio	Anne	All
10:30 - 11:30	active Core	Studio	Munza	All
12:00 - 13:00	Yoga	Studio	Benita	All
12:15 - 13:00	Aqua Fit	Main Pool (25m)	Naomi	All
18:30 - 19:30	Pilates	Studio	Anne	All