

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Saturday 10 October

Time	Session	Facility	Instructor	Level
09:00 - 10:00	HIIT	Studio	Godfrey	All
10:00 - 11:00	Boxfit	Studio	Godfrey	All
11:05 - 11:50	active Cycle	Group Cycling Studio	Godfrey	All
11:15 - 12:15	Pilates	Studio	Kay	All