

Group Exercise Classes

East Ham Leisure Centre

Accurate as of 06/10/2026

Times for Monday 12 October				
Time	Session	Facility	Instructor	Level
09:30 - 10:30	LBT	Studio	Munza	All
10:30 - 11:30	Bhangra Aerobics	Studio	Munza	All
11:35 - 12:20	active Cycle	Group Cycling Studio	Munza	All
18:00 - 19:00	Body Conditioning	Studio	Marina	All
19:00 - 20:00	Drum N Bass Workout	Studio	Heather	All
19:05 - 19:50	active Cycle	Group Cycling Studio	Marina	All