

## East Ham Health Suite

<b>Monday</b>	<b>Session</b>
06.00 - 08.00	Ladies
08.30 - 10.30	Ladies
11.30 - 13.30	Men
14.00 - 16.00	Men
17.00 - 19.00	Ladies
19.30 - 21.30	Ladies
<b>Tuesday</b>	<b>Session</b>
06.00 - 08.00	Men
08.30 - 10.30	Men
11.30 - 13.30	Ladies
14.00 - 16.00	Ladies
17.00 - 19.00	Men
19.30 - 21.30	Men
<b>Wednesday</b>	<b>Session</b>
06.00 - 08.00	Ladies
08.30 - 10.30	Ladies
11.30 - 13.30	Men
14.00 - 16.00	Men
17.00 - 19.00	Ladies
19.30 - 21.30	Ladies
<b>Thursday</b>	<b>Session</b>
06.00 - 08.00	Men
08.30 - 10.30	Men
11.30 - 13.30	Ladies
14.00 - 16.00	Ladies
17.00 - 19.00	Men
19.30 - 21.30	Men
<b>Friday</b>	<b>Session</b>
06.00 - 08.00	Ladies
08.30 - 10.30	Ladies
11.30 - 13.30	Men
14.00 - 16.00	Men
17.00 - 19.00	Ladies
19.30 - 21.30	Ladies
<b>Saturday</b>	<b>Session</b>
08.00 - 10.00	Ladies
10.30 - 12.30	Ladies
13.30 - 15.00	Men
15.30 - 17.00	Men
18.00 - 19.30	Mixed
<b>Sunday</b>	<b>Session</b>
08.00 - 10.00	Men
10.30 - 12.30	Men
13.30 - 15.00	Ladies
15.30 - 17.00	Ladies
18.00 - 19.30	Mixed