

ACTIVE EAST

Day	Activity	Time	Location
Mondays	Our Parks – Legs, Bums and Tums	12noon – 1pm	East Village – Victory Park
	HIIT/ Bootcamp	12.30pm – 1.30pm	IQL Sun Lawn
	Run Club East	6pm – 7.30pm	London Marathon Community Track
	Women’s Only Running Session	7pm – 8pm	London Marathon Community Track
Tuesdays	BikeWorks All Ability Cycling	11am – 1pm	Lee Valley VeloPark
	London Lions community basketball club	4pm – 6pm	Copper Box Arena
	HIIT/ Bootcamp	5.45pm – 6.30pm	IQL Sun Lawn
	Our Parks – Capoeira Fitness	6.30pm – 7.30pm	Meet at the playground in front of the London Stadium, between the 2012 Gardens and the Diamond Bridge
	Athletics	6.30pm – 8pm	London Marathon Community Track
	Our Parks - Yoga	7pm – 8pm	East Village – Victory Park
	View Tube Runners	7pm – 8pm	London Marathon Community Track
Wednesdays	HIIT/ Bootcamp	12.30pm – 1.15pm	IQL Sun Lawn
	Run Club East	6.30pm – 7.30pm	London Marathon Community Track
	Good Gym	6.30pm – 8pm	Meet at London Aquatics Centre
	Our Parks – Circuits	7pm – 8pm	East Village – Victory Park
Thursdays	BikeWorks All Ability Cycling	11am – 1pm	Lee Valley VeloPark
	View Tube Runners	6.30pm – 7.30pm	London Marathon Community Track
Fridays	Our Parks – Buggy Exercise	12noon – 1pm	East Village – Victory Park
Saturdays	Our Parks – HIIT Yoga	9.30am – 10.30am	East Village – Victory Park
Sundays	Great Run Local	9.30am – 10.30am	Timber Lodge Café