

| When | | What | Where | Age | Cost | Link ↗ |
|-----------|-----------------|----------------------------------|--|-----------|-------|---------------------------|
| Monday | 9.30-10.30am | Pilates (Female) | OTLA Hall | 16+ | Free | Email us |
| | 10 - 11am | Box Fit | Stepney Green Park | 16+ | Free | More info |
| | 10am - 12pm | Multi-Sport (Disability) | Mile End Leisure Centre | 16+ | Free | More info |
| | 10.45 - 11.30am | Pilates | Poplar Baths | All | £2.10 | More info |
| | 12 - 1pm | Walking Netball | Poplar Baths | All | £2.15 | More info |
| | 12 - 1pm | Yoga | Mile End Park | 16+ | Free | More info |
| | 1.30 - 3pm | Keep Fit to Music | St. Hildas Community Centre | 50+ | Free | More info |
| | 5 - 7.30pm | Duke of Edinburgh Award | Urban Adventure Base | 13 - 19 | Free | More info |
| | 6 - 8pm | Youth Football | Bow School | 13 - 19 | Free | More info |
| Tuesday | 10.30 - 12pm | Multi-Sport (Disability) | Mile End Leisure Centre | All | £3.00 | More info |
| | 11am - 12noon | Gentle Exercise | Somali Senior Citizens Club, Granby Hall | 50+ | Free | More info |
| | 12 - 2pm | Keep Fit | St. Hildas Community Centre | 50+ | Free | More info |
| | 1 - 3pm | West Ham Football (Disability) | Stepney Green Park | 16+ | Free | More info |
| | 2 - 3pm | Pilates (Female) | Tarling Centre | 16+ | Free | More info |
| | 2.15 - 3pm | Pilates (long term health needs) | York Hall Leisure Centre | 16+ | £1.50 | More info |
| | 3 - 5pm | West Ham Football | Stepney Green Park | 8 - 16 | Free | More info |
| Wednesday | 10 - 11am | Bootcamp | Stepney Green Park | 16+ | Free | More info |
| | 10.30-11.30am | Box Fit | Mile End Park | 16+ | Free | More info |
| | 10.30-11.30am | Pilates (Female) | Collingwood Hall | 16+ | Free | More info |
| | 3.30 - 4pm | Gentle Exercise | Brownfield Community Cabin | 16+ | £1.00 | More info |
| | 4pm - 5pm | Girls Fitness (Female) | Whitechapel Sports Centre | 12 - 16 | £2.00 | More info |
| | 4.30 - 8.30pm | Adventure Club Outdoor Sport | Urban Adventure Base | 10 - 25 | Free | More info |
| | 5.30 - 8pm | Swimming (Disability) | Mile End Leisure Centre | 5 - Adult | Free | More info |
| | 6 - 7pm | Senior Football (Female) | Stepney Green Park | 18+ | Free | More info |
| | 6 - 8pm | Multi-Sport (Disability) | Mile End Leisure Centre | 5 - 16 | Free | More info |
| | 6.30 - 7pm | HIIT Class | Victoria Park | 16+ | Free | More info |
| | 6.30 - 8.30pm | Multi-Sports (Female) | Poplar Baths | 16+ | Free | More info |
| | 7 - 7.30pm | Bootcamp | Victoria Park | 16+ | Free | More info |
| | 7.30-8.30pm | Box Fit | Meath Gardens | 16+ | Free | More info |

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| Thursday | 10 - 11am | Yoga | Stepney Green Park | 16+ | Free | More info |
| | 10am - 1pm | Pilates & Yoga (Female) | St. Peters Community Centre | 50+ | £2.50 | More info |
| | 4.30 - 5.30pm | Gymnastics, Dance & Aerobics | Caxton Hall | 11 - 18 | £1.00 | More info |
| | 4.30 - 8.30pm | Adventure Club Outdoor Sport | Urban Adventure Base | 10 - 25 | Free | More info |
| | 6.30 - 7.30pm | Bootcamp | Ropemakers Field | 16+ | Free | More info |
| Friday | 9:30 - 10:20am | Fit For Good Aerobics (Female) | St Pauls Way Community Centre | 16+ | £2.00 | More info |
| | 10.30-11.30am | Circuit Training (Female) | St John Community Centre | 18+ | Free | More info |
| | 11am - 12pm | Bootcamp (Female) | Weavers Field | 16+ | Free | More info |
| | 11am - 12pm | Gentle Exercise (Female) | Somali Senior Citizens Club, Granby Hall | 50+ | Free | More info |
| | 12:30 - 1:30pm | Gentle Exercise (Female) | St Pauls Way Community Centre | 18+ | Free | More info |
| | 1.30 - 3pm | Strength & Balance | St. Hildas Community Centre | 50+ | Free | More info |
| | 4.30 - 8.30pm | Adventure Club Outdoor Sport | Urban Adventure Base | 10 - 25 | Free | More info |
| Saturday | 9 - 10am | Box Fit | Bartlett Park | 16+ | Free | More info |
| | 9 - 10am | Yoga | Ropemakers Field | 16+ | Free | More info |
| | 9.30 - 10.30am | Volleyball-Fit | Victoria Park | 16+ | Free | More info |
| | 9.30 - 11am | Junior Hockey | John Orwell Sports Centre | 6+ | £2.00 | More info |
| | 9.30 - 11am | Junior Hockey (Disability) | John Orwell Sports Centre | 6+ | £2.00 | More info |
| | 10am - 12pm | Athletics (Disability) | Mile End Stadium | 8 - Adult | Free | More info |
| | 10am - 12pm | Trojans Basketball | Mile End Leisure Centre | 7 - 12 | £2.50 | More info |
| | 10am - 12pm | Swimming | Poplar Baths | 50+ | £1.00 | More info |
| | 10.30-11.30am | Boxfit | Victoria Park | 16+ | £1.50 | More info |
| | 10.30-11.30am | Boxfit | Caxton Hall | 11 - 18 | £1.00 | More info |
| | 12 - 1pm | Yoga | Victoria Park | 16+ | £1.50 | More info |
| | 12 - 2pm | Trojans Basketball | Mile End Leisure Centre | 13 - 18 | £2.50 | More info |
| | 2 - 3pm | West Ham Football (Disability) | Mile End Stadium | 7 - 18 | Free | More info |
| Sunday | 10 - 11am | Bootcamp | SchoolHouse Lane Ball Court | 16+ | Free | More info |
| | 10am - 1pm | Goalball (Fortnightly) | Poplar Baths | 16+ | £3.00 | Email us |
| | 3 - 5pm | Future Stars Football | Mile End Stadium | 11 - 16 | £2.00 | More info |



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