

exercise class programme

St Johns Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 23 April



Time	Session	Facility
9:30 am - 10:15 am	Indoor Cycle	activity room
9:45 am - 10:45 am	Freedom Circuits	gym
5:45 pm - 6:45 pm	Yoga	studio
6:00 pm - 6:45 pm	Indoor Cycle	activity room
6:00 pm - 6:50 pm	Body Combat	main hall
7:00 pm - 7:45 pm	Elevate Circuit	activity room
7:00 pm - 7:50 pm	Salsa Fitness	main hall
7:00 pm - 8:00 pm	Body Balance	studio