


# exercise class programme

## St Johns Sports Centre

Accurate as of 04/05/2024

Times for Wednesday 24 April			
Time	Session	Facility	
9:00 am - 9:45 am	Elevate Circuit	activity room	
9:50 am - 10:35 am	Indoor Cycle	activity room	
5:30 pm - 6:00 pm	Les Mills GRIT™	studio	
6:00 pm - 6:45 pm	Indoor Cycle	activity room	
6:15 pm - 7:15 pm	Body Pump	studio	
7:00 pm - 7:45 pm	Elevate Circuit	activity room	
7:15 pm - 8:15 pm	Yoga	studio	