


exercise class programme

St Johns Sports Centre

Accurate as of 18/05/2024

Times for Thursday 25 April			
Time	Session	Facility	
9:15 am - 10:00 am	Elevate Circuit	activity room	
9:30 am - 10:15 am	Body Combat	studio	
5:00 pm - 5:50 pm	Legs, Bums & Tums	studio	
6:00 pm - 6:45 pm	Indoor Cycle	activity room	
6:00 pm - 6:50 pm	Zumba	studio	
7:00 pm - 7:45 pm	Elevate Circuit	activity room	
7:00 pm - 7:50 pm	Yoga	studio	