exercise class programmeSt Johns Sports Centre

Accurate as of 14/05/2024

| Times for Monday 18 October | | |
|-----------------------------|--------------|---------------|
| Time | Session | Facility |
| 9:15 am - 10:00 am | Body Pump | studio |
| 10:15 am - 11:00 am | Body Balance | studio |
| 6:00 pm - 6:45 pm | Indoor Cycle | activity room |
| 6:00 pm - 7:00 pm | Pilates | main hall |
| 6:15 pm - 7:00 pm | Zumba | studio |
| 7:05 pm - 8:00 pm | Freedom Pump | studio |