

exercise class programme

St Johns Sports Centre

Accurate as of 29/04/2024

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