

exercise class programme

St Johns Sports Centre

Accurate as of 26/04/2024

Times for Thursday 29 September



Time	Session	Facility
9:30 am - 10:15 am	Body Combat	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