


# exercise class programme

## St Johns Sports Centre

Accurate as of 04/05/2024

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	