

# exercise class programme

## St Johns Sports Centre

Accurate as of 23/04/2024

### Times for Monday 3 October



Time	Session	Facility
9:15 am - 10:00 am	Body Pump	studio
10:15 am - 11:00 am	Body Balance	studio
5:45 pm - 6:30 pm	Pilates	studio
6:30 pm - 7:15 pm	Indoor Cycle	activity room
6:35 pm - 7:20 pm	Zumba	studio
7:30 pm - 8:15 pm	Freedom Step	studio