

# exercise class programme

## St Johns Sports Centre

Accurate as of 03/05/2024

### Times for Wednesday 5 October



Time	Session	Facility
9:00 am - 9:45 am	Elevate Circuit	activity room
9:50 am - 10:35 am	Indoor Cycle	activity room
6:00 pm - 6:45 pm	Indoor Cycle	activity room
6:15 pm - 7:15 pm	Body Pump	studio