

exercise class programme

St Johns Sports Centre

Accurate as of 22/06/2026

Times for Wednesday 23 August



Time	Session	Facility
9:00 am - 9:45 am	Elevate Circuit	activity room
9:50 am - 10:35 am	Indoor Cycle	activity room
5:30 pm - 6:00 pm	Les Mills GRIT™	studio
6:15 pm - 7:15 pm	Body Pump	studio