

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Monday 5 October			
Time	Session	Facility	
6:45 am - 7:30 am	Synrgy Circuits	gym	
9:15 am - 10:00 am	Body Pump	studio	
9:15 am - 10:00 am	Elevate Circuit	activity room	
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	Legs, Bums & Tums	studio	