

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Tuesday 6 October

Time	Session	Facility
7:45 am - 8:30 am	Core Strength & Mobility	studio
9:15 am - 10:00 am	Indoor Cycle	activity room
9:45 am - 10:45 am	Synrgy Circuits	gym
5:45 pm - 6:45 pm	Yoga for Beginners	studio
6:00 pm - 6:45 pm	Indoor Cycle	activity room
7:00 pm - 7:45 pm	Elevate Circuit	activity room
7:00 pm - 7:50 pm	Salsa Fitness	main hall
7:00 pm - 8:00 pm	Body Balance	studio