

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Wednesday 7 October

Time	Session	Facility
8:00 am - 8:45 am	Flex & Stretch	studio
9:00 am - 9:45 am	Elevate Circuit	activity room
9:00 am - 9:45 am	Seated Exercise	studio
9:50 am - 10:35 am	Indoor Cycle	activity room
5:30 pm - 6:00 pm	Les Mills GRIT™	studio
6:10 pm - 6:40 pm	Les Mills SPRINT (16+)	activity room
6:15 pm - 7:15 pm	Body Pump	studio
7:15 pm - 8:15 pm	Yoga	studio