

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Thursday 8 October

Time	Session	Facility
6:45 am - 7:35 am	Good Morning Yoga	studio
9:15 am - 10:00 am	Elevate Circuit	activity room
9:30 am - 10:15 am	Body Combat	studio
5:00 pm - 5:50 pm	Legs, Bums & Tums	studio
6:00 pm - 6:45 pm	Indoor Cycle	activity room
6:00 pm - 6:50 pm	Freedom Pump	studio
7:00 pm - 7:45 pm	Elevate Circuit	activity room
7:00 pm - 8:00 pm	Body Combat	studio