

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Friday 9 October			
Time	Session	Facility	
6:45 am - 7:30 am	Les Mills BODYPUMP™	studio	
9:00 am - 9:45 am	Yoga	studio	
9:30 am - 10:15 am	Indoor Cycle and Core	activity room	
5:00 pm - 5:45 pm	Cardio Hiit	studio	
5:50 pm - 6:40 pm	Zumba	studio	
6:00 pm - 7:00 pm	Indoor Cycle and Core	activity room	