

exercise class programme

St Johns Sports Centre

Accurate as of 04/10/2026

Times for Saturday 10 October			
Time	Session	Facility	
8:30 am - 9:20 am	Freedom Step	studio	
8:45 am - 9:15 am	Les Mills SPRINT (16+)	activity room	
9:30 am - 10:20 am	Legs, Bums & Tums	studio	