

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 29/10/2024

Times for Tuesday 29 October



Time	Session	Facility	Instructor
09:15 - 10:05	RPM 50	Group Cycling Studio	Carla
09:30 - 10:30	BodyCombat ™	Studio 2	Emily A
10:30 - 11:30	BodyBalance ™	Studio 2	Emily A
17:15 - 18:00	Barre Fitness	Studio 2	Tara S
17:15 - 18:00	Dance Fitness	Studio 1	Josie
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Connor
18:00 - 18:45	BodyPump ™	Studio 2	Jo H
18:00 - 19:00	Legs, Bums & Tums	Studio 1	Amanda
18:45 - 19:15	Les Mills Core	Studio 2	Jo H
19:00 - 20:00	BodyBalance ™	Studio 1	Amanda
19:30 - 20:15	AquaFit	Learner Pool	Jo H