

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 31/10/2024

### Times for Thursday 31 October



Time	Session	Facility	Instructor
06:45 - 07:30	Circuits	Studio 2	Josie
09:30 - 10:15	Barre Fitness	Studio 2	Tara S
09:30 - 10:15	BodyStep™	Studio 1	Michelle
10:15 - 10:45	Les Mills Core	Studio 2	Emily A
10:30 - 11:15	AquaFit	Learner Pool	Jenna
10:45 - 11:45	Pilates	Studio 2	Emily A
12:00 - 12:45	BodyPump™	Studio 2	Jenna
17:00 - 18:00	Pilates	Studio 1	Nic
17:30 - 18:00	Les Mills Core	Studio 2	Emily A
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Devin
18:00 - 18:45	Pre/post Natal Pilates	Studio 1	Nic
18:00 - 19:00	BodyCombat™	Studio 2	Emily A
18:45 - 19:30	AquaFit	Learner Pool	Mady
19:00 - 20:00	BodyPump™	Studio 1	Devin
19:15 - 20:15	BodyBalance™	Studio 2	Emily A