

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 31/10/2024

Times for Friday 1 November



Time	Session	Facility	Instructor
07:30 - 08:30	Pilates	Studio 2	Petra
09:30 - 10:30	BodyPump™	Studio 2	Jenna
17:00 - 18:00	Yoga	Studio 2	Jo S
17:15 - 18:05	RPM 50	Group Cycling Studio	Carla
17:30 - 18:15	AquaFit	Learner Pool	Emily K
17:30 - 18:15	Les Mills Shapes	Studio 2	Sarah H
18:15 - 19:15	BodyCombat™	Studio 1	Carla
18:30 - 19:30	BodyPump™	Studio 2	Sarah H