

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 31/10/2024

### Times for Sunday 3 November



Time	Session	Facility	Instructor
08:00 - 08:45	Indoor Cycling	Group Cycling Studio	Jenna
09:00 - 09:45	Les Mills Shapes	Studio 1	Zoe
09:00 - 10:00	BodyPump™	Studio 2	Sarah H
10:00 - 11:00	BodyBalance™	Studio 2	Sarah H