

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 31/10/2024

### Times for Monday 4 November



Time	Session	Facility	Instructor
09:15 - 10:00	Indoor Cycling	Group Cycling Studio	Josie
09:30 - 10:15	BodyPump™	Studio 2	Michelle
10:15 - 11:00	Dance Fitness	Studio 1	Josie
10:30 - 11:30	BodyBalance™	Studio 2	Michelle
17:30 - 18:00	Les Mills Core	Studio 1	Emily K
17:30 - 18:30	BodyPump™	Studio 2	Sarah H
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Emily K
18:15 - 19:15	BodyAttack™	Studio 2	Leona
18:30 - 19:15	Les Mills Shapes	Studio 2	Sarah H
19:15 - 20:00	Zumba	Studio 2	Monica
19:30 - 20:30	Yoga	Studio 1	Jo S