

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 31/10/2024

### Times for Wednesday 6 November



Time	Session	Facility	Instructor
09:30 - 10:30	BodyPump™	Studio 2	Jo H
10:30 - 11:00	Les Mills Core	Studio 2	Jo H
10:30 - 11:30	Yoga	Studio 1	Sally
12:30 - 13:00	Pilates	Studio 2	Nic
17:30 - 18:15	Indoor Cycling	Group Cycling Studio	Emily K
17:30 - 18:30	BodyPump™	Studio 2	Jenna
17:30 - 18:30	BodyBalance™	Studio 1	Michelle
18:30 - 19:00	Les Mills Core	Studio 1	Emily K
18:30 - 19:30	BodyStep™	Studio 2	Michelle
19:00 - 20:00	Pilates	Studio 1	Sally
19:30 - 20:30	Yoga	Studio 2	Jo S