

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 03/05/2024

Times for Thursday 1 December



Time	Session	Facility	Instructor
10:30 - 11:30	BodyBalance ™	Studio 1	Michelle
17:00 - 18:00	Pilates	Studio 1	Nic
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Devin
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