

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 03/05/2024

Times for Friday 2 December



Time	Session	Facility	Instructor
07:30 - 08:30	Pilates	Studio 2	Petra
09:30 - 10:15	BodyPump TM	Studio 2	Becki
10:30 - 11:30	BodyAttack TM	Studio 2	Becki
17:00 - 18:00	Yoga	Studio 2	Jo S
17:15 - 18:05	RPM 50	Group Cycling Studio	Carla
18:30 - 19:30	BodyPump TM	Studio 2	Sarah H