

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 28/04/2024

Times for Monday 5 December			
Time	Session	Facility	Instructor
17:30 - 18:30	BodyPump ™	Studio 2	Sarah H
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Emily K
18:45 - 19:45	BodyAttack ™	Studio 2	Becki