

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 05/05/2024

Times for Tuesday 6 December

Time	Session	Facility	Instructor
09:15 - 10:05	RPM 50	Group Cycling Studio	Carla
10:30 - 11:30	BodyBalance ™	Studio 2	Emily A
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Emily K
19:30 - 20:15	AquaFit	Learner Pool	Jo H