St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 12/10/2024

Times for Wednesday 7 December

Time	Session	Facility	Instructor
09:30 - 10:30	BodyPump ™	Studio 2	Jo H
17:30 - 18:30	BodyPump ™	Studio 2	Jenna
19:30 - 20:30	Yoga	Studio 1	Jo S