

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 10/05/2024

Times for Sunday 11 December			
Time	Session	Facility	Instructor
09:00 - 10:00	BodyPump ™	Studio 2	Sarah H
10:00 - 11:00	BodyBalance ™	Studio 2	Sarah H