## **St Sidwells Point Group Exercise Timetable** St Sidwell's Point

Accurate as of 28/04/2024

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