

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 28/04/2024

Times for Thursday 1 June



| Time | Session | Facility | Instructor |
|---------------|------------------------|----------------------|------------|
| 06:45 - 07:30 | Circuits | Studio 2 | Josie |
| 10:30 - 11:30 | BodyBalance ™ | Studio 1 | Michelle |
| 12:30 - 13:15 | BodyPump ™ | Studio 2 | Jenna |
| 17:00 - 18:00 | Pilates | Studio 1 | Nic |
| 17:30 - 18:00 | Les Mills Core | Studio 2 | Emily A |
| 18:00 - 18:45 | Indoor Cycling | Group Cycling Studio | Devin |
| 18:00 - 18:45 | Pre/post Natal Pilates | Studio 1 | Nic |
| 18:45 - 19:30 | AquaFit | Learner Pool | Mady |
| 19:00 - 20:00 | BodyPump ™ | Studio 1 | Devin |
| 19:15 - 20:15 | BodyBalance ™ | Studio 2 | Emily A |