

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 26/04/2024

Times for Monday 5 June



Time	Session	Facility	Instructor
09:15 - 10:00	Indoor Cycling	Group Cycling Studio	Josie
09:30 - 10:15	BodyPump™	Studio 2	Michelle
10:30 - 11:30	BodyBalance™	Studio 2	Michelle
17:30 - 18:00	Les Mills Core	Studio 1	Emily K
17:30 - 18:30	BodyPump™	Studio 2	Sarah H
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Emily K
18:45 - 19:45	BodyAttack™	Studio 2	Becki