

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 06/05/2024

### Times for Tuesday 6 June



Time	Session	Facility	Instructor
09:15 - 10:05	RPM 50	Group Cycling Studio	Carla
10:30 - 11:30	BodyBalance™	Studio 2	Emily A
17:15 - 18:00	Barre Fitness	Studio 2	Tara S
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Emily K
18:00 - 19:00	Legs, Bums & Tums	Studio 1	Amanda
19:00 - 20:00	BodyBalance™	Studio 1	Amanda
19:30 - 20:15	AquaFit	Learner Pool	Jo H