

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 06/05/2024

Times for Wednesday 7 June



Time	Session	Facility	Instructor
09:30 - 10:30	BodyPump™	Studio 2	Jo H
10:30 - 11:00	Les Mills Core	Studio 2	Jo H
12:30 - 13:00	Pilates	Studio 2	Nic
17:30 - 18:30	BodyPump™	Studio 2	Jenna
18:30 - 19:30	Pilates	Studio 1	Sally
19:30 - 20:30	Yoga	Studio 1	Jo S