

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 05/05/2024

### Times for Thursday 8 June



Time	Session	Facility	Instructor
06:45 - 07:30	Circuits	Studio 2	Josie
09:30 - 10:15	Barre Fitness	Studio 2	Tara S
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