

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 23/04/2024

Times for Saturday 20 April



Time	Session	Facility	Instructor
08:30 - 09:15	Indoor Cycling	Group Cycling Studio	Rebecca W
09:00 - 10:00	BodyPump™	Studio 2	Emily M
10:00 - 11:00	Pilates	Studio 1	Petra
10:15 - 11:15	Zumba	Studio 2	Monica