

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 03/05/2024

Times for Monday 22 April



| Time | Session | Facility | Instructor |
|---------------|----------------|----------------------|------------|
| 09:15 - 10:00 | Indoor Cycling | Group Cycling Studio | Josie |
| 09:30 - 10:15 | BodyPump™ | Studio 2 | Michelle |
| 10:15 - 11:00 | Dance Fitness | Studio 1 | Josie |
| 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 |