

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 12/05/2025

Times for Sunday 27 April



Time	Session	Facility	Instructor
08:15 - 09:00	Indoor Cycling	Group Cycling Studio	Jenna
09:15 - 10:15	BodyPump™	Studio 2	Jenna
09:30 - 10:30	Pilates	Studio 1	Sally