

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 11/05/2025

Times for Tuesday 29 April



Time	Session	Facility	Instructor
09:15 - 10:05	RPM 50	Group Cycling Studio	Carla
09:30 - 10:15	Les Mills Core	Studio 2	Emily A
10:30 - 11:30	BodyBalance™	Studio 2	Emily A
17:15 - 18:00	Barre Fitness	Studio 2	Tara S
17:15 - 18:00	Dance Fitness	Studio 1	Josie
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Connor
18:00 - 19:00	Legs, Bums & Tums	Studio 1	Amanda
18:15 - 19:00	BodyPump™	Studio 1	Jenna
19:00 - 20:00	BodyBalance™	Studio 1	Amanda
19:15 - 20:00	AquaFit	Learner Pool	Jenna