

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 09/05/2026

Times for Sunday 10 May



Time	Session	Facility	Instructor
08:15 - 09:00	Indoor Cycling	Group Cycling Studio	Jenna
09:15 - 10:15	BodyPump TM	Studio 1 & 2	Jenna
10:30 - 11:30	Pilates	Studio 1 & 2	Sally