

St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 09/05/2026

Times for Monday 11 May



Time	Session	Facility	Instructor
09:15 - 10:00	Indoor Cycling	Group Cycling Studio	Josie
09:30 - 10:30	BodyPump ™	Studio 2	Jenna
10:15 - 11:00	Dance Fitness	Studio 1	Josie
10:30 - 11:30	Yoga	Studio 2	Jessica
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
18:15 - 19:15	BodyCombat ™	Studio 1	Emily A
18:30 - 19:30	Zumba	Studio 2	Monica
19:15 - 20:15	Pilates	Studio 1	Emily A
19:30 - 20:30	Yoga	Studio 2	Jo S