

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 09/05/2026

### Times for Wednesday 13 May



Time	Session	Facility	Instructor
09:30 - 10:15	Les Mills Shapes	Studio 1	Tara S
09:30 - 10:30	BodyPump ™	Studio 2	Jo H
10:30 - 11:15	HiiT Boxing	Studio 2	Jo H
10:30 - 11:30	Yoga	Studio 1	Sally
12:30 - 13:30	Pilates	Studio 2	Nic
17:30 - 18:30	BodyPump ™	Studio 2	Emily K
18:00 - 19:00	Pilates	Studio 1	Sally
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Jenna
19:15 - 20:15	Boxing Circuits	Studio 2	Jenna
19:15 - 20:15	Yoga	Studio 1	Jo S