

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 09/05/2026

### Times for Friday 15 May



| Time          | Session                  | Facility             | Instructor |
|---------------|--------------------------|----------------------|------------|
| 09:30 - 10:15 | Adult Ballet             | Studio 1             | Tara S     |
| 09:30 - 10:30 | BodyPump <sup>TM</sup>   | Studio 2             | Jenna      |
| 10:30 - 11:15 | Les Mills Shapes         | Studio 1             | Tara S     |
| 13:00 - 13:45 | AquaFit                  | Learner Pool         | Emily K    |
| 17:00 - 18:00 | Yoga                     | Studio 2             | Sally      |
| 17:15 - 18:05 | RPM 50                   | Group Cycling Studio | Carla      |
| 18:15 - 19:15 | BodyCombat <sup>TM</sup> | Studio 1             | Carla      |