

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 20/09/2026

### Times for Thursday 24 September



| Time          | Session                   | Facility             | Instructor |
|---------------|---------------------------|----------------------|------------|
| 08:30 - 09:15 | Adult Ballet              | Studio 2             | Tara       |
| 09:30 - 10:15 | Barre Fitness             | Studio 2             | Tara S     |
| 09:30 - 10:15 | BodyCombat <sup>TM</sup>  | Studio 1             | Emily A    |
| 10:30 - 11:15 | AquaFit                   | Learner Pool         | Jenna      |
| 10:30 - 11:30 | Pilates                   | Studio 2             | Emily A    |
| 18:00 - 18:45 | Indoor Cycling            | Group Cycling Studio | Devin      |
| 18:15 - 19:00 | Les Mills Shapes          | Studio 2             | Zoe        |
| 18:45 - 19:30 | AquaFit                   | Learner Pool         | Berni      |
| 19:00 - 20:00 | BodyPump <sup>TM</sup>    | Studio 1             | Devin      |
| 19:15 - 20:15 | BodyBalance <sup>TM</sup> | Studio 2             | Zoe        |