

# St Sidwells Point Group Exercise Timetable

## St Sidwell's Point

Accurate as of 20/09/2026

| Times for Friday 25 September |                          |                      |            |
|-------------------------------|--------------------------|----------------------|------------|
| 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      |
| 13:00 - 13:45                 | AquaFit                  | Learner Pool         | Emily K    |
| 17:00 - 18:00                 | Zumba                    | Studio 1             | Monica     |
| 17:15 - 18:05                 | RPM 50                   | Group Cycling Studio | Carla      |
| 17:30 - 18:30                 | BodyPump <sup>TM</sup>   | Studio 2             | Sarah H    |
| 18:15 - 19:15                 | BodyCombat <sup>TM</sup> | Studio 1             | Carla      |