St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Instructor
09:15 - 10:00	RPM 50	Group Cycling Studio	Carla
09:30 - 10:15	Les Mills Core	Studio 2	Emily A
10:30 - 11:30	BodyBalance ™	Studio 2	Emily A
16:15 - 17:00	Adult Ballet	Studio 2	Tara S
17:15 - 18:00	Dance Fitness	Studio 1	Josie
18:00 - 18:45	Indoor Cycling	Group Cycling Studio	Connor
18:00 - 19:00	Legs, Bums & Tums	Studio 2	Amanda
18:15 - 19:00	BodyPump ™	Studio 1	Leona
19:00 - 20:00	BodyBalance ™	Studio 2	Amanda
19:15 - 20:00	AquaFit	Learner Pool	Jenna