St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Instructor
09:30 - 10:15	Les Mills Shapes	Studio 1	Tara S
09:30 - 10:15	BodyCombat ™	Studio 2	Jenna
10:15 - 11:00	BodyPump ™	Studio 2	Jo H
11:00 - 12:00	Yoga	Studio 1	Sally
12:30 - 13:30	Pilates	Studio 2	Nic
17:30 - 18:25	BodyPump ™	Studio 2	Emily K
18:00 - 19:00	Pilates	Studio 1	Sally
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Jenna
18:30 - 19:00	Les Mills Core	Studio 2	Emily K
19:15 - 20:15	Yoga	Studio 1	Jo S