St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Thursday 19 November

Time	Session	Facility	Instructor
08:30 - 09:15	Adult Ballet	Studio 2	Tara
09:30 - 10:15	Barre Fitness	Studio 1	Tara S
09:30 - 10:15	BodyPump ™	Studio 2	Emily K
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 ™	Studio 1	Devin
19:15 - 20:15	BodyBalance ™	Studio 2	Zoe