St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Friday 20 November

Time	Session	Facility	Instructor
09:30 - 10:15	Adult Ballet	Studio 1	Tara S
09:30 - 10:30	BodyPump ™	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 ™	Studio 2	Sarah H
18:15 - 19:15	BodyCombat ™	Studio 1	Carla