St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Saturday 21 November

Time	Session	Facility	Instructor
08:30 - 09:15	Indoor Cycling	Group Cycling Studio	Rebecca W
09:00 - 10:00	BodyPump ™	Studio 2	Sarah H
09:15 - 10:00	Les Mills Shapes	Studio 1	Zoe
10:00 - 11:00	BodyBalance ™	Studio 2	Sarah H
10:15 - 11:00	Pre post-natal Yoga	Studio 1	Zoe
10:15 - 11:15	Zumba	Studio 1	Monica
11:30 - 14:30	Junior Drama Classes	Studio 1	