St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Sunday 22 November

Time	Session	Facility	Instructor
09:15 - 10:15	BodyPump ™	Studio 1 & 2	Jenna
10:30 - 11:30	Pilates	Studio 1 & 2	Sally