St Sidwells Point Group Exercise Timetable

St Sidwell's Point

Accurate as of 17/11/2026

Times for Monday 23 November

Time	Session	Facility	Instructor
09:15 - 10:00	Indoor Cycling	Group Cycling Studio	Josie
09:15 - 10:15	BodyStep ™	Studio 1	Devin
09:30 - 10:15	BodyPump ™	Studio 2	Emily K
10:15 - 11:00	Dance Fitness	Studio 1	Josie
10:30 - 11:30	Yoga	Studio 2	Jessica
11:45 - 12:30	Parent and Baby Yoga	Studio 1	Jessica
17:25 - 18:25	BodyPump ™	Studio 2	Sarah H
17:30 - 18:00	Les Mills Core	Studio 1	Emily K
18:15 - 19:00	Indoor Cycling	Group Cycling Studio	Emily K
18:15 - 19:15	BodyCombat ™	Studio 1	Emily A
18:30 - 19:30	Zumba	Studio 2	Monica
19:30 - 20:30	Yoga	Studio 2	Jo S