

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Monday 18 November



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	jack	all levels
6:45 am - 7:30 am	MyRide Live	Ride Indoor Cycling Studio	Natalie	all levels
7:45 am - 8:45 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:15 am - 10:15 am	Body Combat	Energy Studio	Anna	all levels
9:20 am - 10:05 am	Connect Indoor Cycling	Ride Indoor Cycling Studio	Lynn	all levels
9:20 am - 10:10 am	Synrgy Circuits	Gym	Gary	all levels
9:20 am - 10:15 am	Supple Strength	Livewell Studio	Helen S	all levels
10:20 am - 11:20 am	Shredded	Energy Studio	Roxy	all levels
10:20 am - 11:20 am	Fitness Pilates	Livewell Studio	Helen S	all levels
10:25 am - 10:55 am	Synrgy Circuits	Gym	Gary	all levels
10:30 am - 11:15 am	MyRide Live	Ride Indoor Cycling Studio	Lynn	all levels
11:00 am - 11:30 am	Synrgy Lite	Gym	Gym Team	beginner
11:25 am - 12:25 pm	Fitness Pilates	Livewell Studio		all levels
12:15 pm - 12:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:45 pm - 1:45 pm	Yin Yoga	Energy Studio	Laurie	all levels
1:00 pm - 2:00 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
3:15 pm - 3:45 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:00 pm - 5:00 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
4:15 pm - 5:00 pm	Junior Fitness	Gym	Gym Team	teen
5:30 pm - 6:00 pm	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio		all levels
5:45 pm - 6:30 pm	Body Step	Livewell Studio	Zoe	all levels

Time	Session	Facility	Instructor	Level
5:45 pm - 6:45 pm	Fitness Pilates	Livewell Studio	Natalie	all levels
5:45 pm - 6:45 pm	Body Step	Energy Studio	James	all levels
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:15 pm - 7:00 pm	Connect Indoor Cycling	Ride Indoor Cycling Studio	Ross	all levels
6:50 pm - 7:35 pm	Dance Fitness	Livewell Studio	Rosie	all levels
6:50 pm - 7:35 pm	Body Pump	Energy Studio	Leah	all levels
7:00 pm - 7:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
7:15 pm - 8:00 pm	MyRide Live	Ride Indoor Cycling Studio	Ross	advanced
7:40 pm - 8:35 pm	Body Balance	Livewell Studio	Leah	all levels
7:40 pm - 8:40 pm	Freedom Circuits	Energy Studio	Natalie	all levels
8:40 pm - 9:40 pm	Yoga Flow	Livewell Studio	Michele	all levels