

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 19/04/2024

### Times for Friday 31 January



| Time                | Session                   | Facility                   | Instructor    | Level      |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 6:15 am - 6:45 am   | Synrgy Circuits           | Gym                        | Ricky G       | all levels |
| 7:00 am - 7:55 am   | Body Balance              | Livewell Studio            | Ali           | all levels |
| 8:10 am - 9:10 am   | Body Combat               | Energy Studio              | Ali           | all levels |
| 8:15 am - 8:45 am   | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:15 am  | Freedom Interval Training | Energy Studio              | Mel           | all levels |
| 9:15 am - 10:15 am  | Scaravelli Yoga           | Livewell Studio            | Wendy         | all levels |
| 9:20 am - 10:05 am  | Connect Indoor Cycling    | Ride Indoor Cycling Studio | Gary          | all levels |
| 9:30 am - 10:00 am  | Synrgy Circuits           | Gym                        | Ricky G       | all levels |
| 10:20 am - 11:05 am | Pure Core                 | Livewell Studio            | Roxy          | all levels |
| 10:20 am - 11:20 am | Body Pump                 | Energy Studio              | Leah          | all levels |
| 10:30 am - 11:00 am | Synrgy Circuits           | Gym                        | Ricky G       | all levels |
| 10:30 am - 11:15 am | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:25 am - 12:10 pm | Legs, Bums & Tums         | Energy Studio              | Wendy         | all levels |
| 11:25 am - 12:25 pm | Sun Power Yoga            | Livewell Studio            | Michele       | all levels |
| 11:30 am - 12:00 pm | MyRide Coach              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:15 pm - 12:45 pm | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:30 pm - 1:30 pm  | Pilates                   | Energy Studio              | Fiona         | all levels |
| 1:00 pm - 1:30 pm   | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:00 pm - 3:00 pm   | Forever Active            | Livewell Studio            | Jo            | beginner   |
| 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 |

| <b>Time</b>       | <b>Session</b>         | <b>Facility</b>            | <b>Instructor</b> | <b>Level</b> |
|-------------------|------------------------|----------------------------|-------------------|--------------|
| 4:00 pm - 5:00 pm | Tennis Mini Red 2      | Indoor Tennis Court        |                   |              |
| 4:15 pm - 5:00 pm | Junior Fitness         | Gym                        | Gym Team          | teen         |
| 5:00 pm - 6:30 pm | Turbo Tennis 2         | Indoor Tennis Court        |                   |              |
| 5:15 pm - 6:15 pm | Body Balance           | Livewell Studio            | Sarah-Jane/Lynn   | all levels   |
| 5:30 pm - 6:30 pm | Body Pump              | Energy Studio              | Ali               | all levels   |
| 5:45 pm - 6:30 pm | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Ross              | all levels   |
| 6:00 pm - 6:30 pm | Synrgy Circuits        | Gym                        | Gym Team          | all levels   |
| 6:30 pm - 7:30 pm | Hatha Yoga             | Livewell Studio            | Sabine            | all levels   |
| 6:30 pm - 8:00 pm | Turbo Tennis 1         | Indoor Tennis Court        |                   |              |
| 6:35 pm - 7:20 pm | Body Combat            | Energy Studio              | Nathan            | all levels   |