

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 04/05/2024

### Times for Wednesday 4 November



Time	Session	Facility	Instructor	Level
6:30 am - 7:15 am	Synrgy Circuits	Indoor Tennis Court	Ricky G	all levels
7:30 am - 8:01 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 am - 9:02 am	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
9:15 am - 10:00 am	Body Pump	Energy Studio	Zoe	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Jenny S	all levels
10:15 am - 11:00 am	Body Step	Energy Studio	Zoe	all levels
10:30 am - 11:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:15 am - 12:00 pm	Body Balance	Energy Studio	Zoe	all levels
11:30 am - 12:21 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:30 pm - 2:02 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 3:23 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:15 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:00 pm	Diddy Tennis	Indoor Tennis Court		
4:00 pm - 5:00 pm	Tennis Mini Red 3	Indoor Tennis Court		
4:00 pm - 5:00 pm	Tennis Mini Orange 2	Outdoor Tennis Court		
4:30 pm - 4:58 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
5:00 pm - 6:00 pm	Tennis Mini Red 2	Indoor Tennis Court		
5:00 pm - 6:00 pm	Tennis Mini Orange 1	Outdoor Tennis Court		
5:30 pm - 6:15 pm	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Emma G	all levels
5:45 pm - 6:30 pm	Totally Shredded	Energy Studio	Abbi	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
5:45 pm - 6:45 pm	Hatha Yoga	Livewell Studio	Anne	all levels
6:00 pm - 7:00 pm	Tennis Mini Green	Outdoor Tennis Court		
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Emma G	all levels
6:45 pm - 7:30 pm	Body Pump	Energy Studio	Leah	all levels
7:00 pm - 8:00 pm	Pilates	Livewell Studio	Gemma	all levels
7:00 pm - 8:30 pm	Turbo Tennis 2	Indoor Tennis Court		
7:30 pm - 8:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels