

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 28/04/2024

Times for Monday 18 October



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	all levels
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	
9:10 am - 9:55 am	Ride Colour	Ride Indoor Cycling Studio	Emma G	all levels
9:15 am - 10:00 am	Supple Strength	Livewell Studio	H	all levels
9:15 am - 10:00 am	Body Combat	Energy Studio	Anna	all levels
10:10 am - 10:55 am	Total Body Conditioning	Energy Studio	H	all levels
11:05 am - 12:00 pm	Fitness Pilates	Livewell Studio	Natalie	all levels
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:10 pm - 3:10 pm	Forever Active	Energy Studio	Wendy	all levels
2:30 pm - 3:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:15 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
5:00 pm - 6:30 pm	Turbo Tennis 2	Indoor Tennis Court		
5:10 pm - 5:55 pm	Ride Colour	Ride Indoor Cycling Studio	Tatiana	
5:30 pm - 6:30 pm	Pilates	Livewell Studio	Louise	all levels
5:45 pm - 6:15 pm	Ride Podium	Ride Indoor Cycling Studio	Ross	all levels
5:45 pm - 6:30 pm	Body Attack	Energy Studio	Meg	all levels
6:30 pm - 7:30 pm	Ride Vista	Ride Indoor Cycling Studio	Ross	all levels
6:30 pm - 8:00 pm	Turbo Tennis 1	Indoor Tennis Court		

Time	Session	Facility	Instructor	Level
6:35 pm - 7:30 pm	Body Pump	Energy Studio	Zoe	all levels
6:35 pm - 7:35 pm	Yoga Flow	Livewell Studio	Louise	all levels
7:40 pm - 8:35 pm	Body Balance	Livewell Studio	Anna	all levels