

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 27/04/2024

Times for Wednesday 27 October



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:15 am - 9:00 am	Ride Introduction	Ride Indoor Cycling Studio	Ross	
9:00 am - 10:00 am	Yoga Flow	Livewell Studio	Wendy	all levels
9:10 am - 9:55 am	Ride Vista	Ride Indoor Cycling Studio	Ross	
9:15 am - 10:00 am	Body Pump	Energy Studio	Adrian	
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
10:05 am - 11:05 am	Pilates	Livewell Studio	Wendy	all levels
10:10 am - 11:00 am	Body Step	Energy Studio	Adrian	
11:10 am - 12:05 pm	Body Balance	Livewell Studio	Katie W	
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
2:30 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
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 - 5:00 pm	Ride Virtual Tour Coach	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		

Time	Session	Facility	Instructor	Level
5:15 pm - 5:45 pm	Ride Podium	Ride Indoor Cycling Studio	Emma G	all levels
5:30 pm - 6:30 pm	Hatha Yoga	Livewell Studio	Mariangela	all levels
5:45 pm - 6:30 pm	Totally Shredded	Energy Studio	Abbi	all levels
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:00 pm - 6:45 pm	Ride Vista	Ride Indoor Cycling Studio	Emma G	all levels
6:00 pm - 7:00 pm	Tennis Mini Green	Outdoor Tennis Court		
6:35 pm - 7:35 pm	Pilates	Livewell Studio	Gemma	all levels
6:35 pm - 8:20 pm	Body Pump	Energy Studio	H	
7:00 pm - 8:30 pm	Turbo Tennis 2	Indoor Tennis Court		
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels