

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/05/2024

Times for Friday 29 October				
Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	all levels
7:00 am - 7:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
7:45 am - 8:40 am	Body Combat	Energy Studio	Ali	all levels
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:50 am - 9:35 am	FIT	Energy Studio	Emma G	
9:10 am - 9:55 am	Ride Colour	Ride Indoor Cycling Studio	Gary	
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
9:30 am - 10:25 am	Yoga Flow	Livewell Studio	Anne	
9:40 am - 10:25 am	FIT	Energy Studio	Emma G	
10:10 am - 10:55 am	Ride Vista	Ride Indoor Cycling Studio	Gary	
10:30 am - 11:30 am	Yin Yoga	Livewell Studio	Anne	all levels
10:35 am - 11:35 am	Body Pump	Energy Studio	Adrian	
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:45 am - 12:30 pm	Form and Function	Livewell Studio	H	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:40 pm - 1:40 pm	Pilates	Livewell Studio	H	
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
4:00 pm - 5:00 pm	Tennis Mini Red 2	Indoor Tennis Court		
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
5:00 pm - 6:30 pm	Turbo Tennis 2	Indoor Tennis Court		
5:30 pm - 6:15 pm	Ride Colour	Ride Indoor Cycling Studio	Tatiana	all levels
5:30 pm - 6:25 pm	Body Balance	Livewell Studio	Ali	all levels
6:10 pm - 6:55 pm	Body Combat	Energy Studio	Sallie	all levels
6:30 pm - 8:00 pm	Turbo Tennis 1	Indoor Tennis Court		
7:30 pm - 8:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels