

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 29/04/2024

Times for Sunday 31 March



Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Body Pump	Energy Studio	Russ	
8:15 am - 8:45 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:50 am - 9:40 am	Body Combat	Energy Studio	Ali	
8:55 am - 9:40 am	Strength Development	Livewell Studio	Russ	
9:00 am - 10:00 am	Ride Vista	Ride Indoor Cycling Studio	Gary	all levels
9:00 am - 10:00 am	Cardio Tennis	Indoor Tennis Court		
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
9:45 am - 10:30 am	Shapes	Livewell Studio	Adrian	
9:45 am - 10:45 am	Body Pump	Energy Studio	Ali	
10:00 am - 11:30 am	Tennis Adult Beginners/Improvers	Indoor Tennis Court		
10:15 am - 11:00 am	Ride Colour	Ride Indoor Cycling Studio	Gary	all levels
10:35 am - 11:20 am	Total Body Conditioning	Livewell Studio	Mariangela	
10:50 am - 11:35 am	Body Attack	Energy Studio	Adrian	
11:25 am - 12:10 pm	Dance-Fit	Livewell Studio	Mariangela	
11:30 am - 12:30 pm	Tennis Mini Red 1	Indoor Tennis Court		
12:00 pm - 12:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:30 pm	Tennis Mini Orange 2	Indoor Tennis Court		
1:00 pm - 1:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 2:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:00 pm - 3:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:25 pm	Yoga Flow	Energy Studio	Suzanne	

Time	Session	Facility	Instructor	Level
4:30 pm - 5:30 pm	Hatha Yoga	Energy Studio	Suzanne	