

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 30/04/2024

Times for Monday 1 April



Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	Body Pump	Energy Studio	Anna	
8:15 am - 9:10 am	Body Balance	Livewell Studio	H	
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
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gary	
10:10 am - 10:55 am	Total Body Conditioning	Energy Studio	H	all levels
10:15 am - 11:00 am	Strength Development	Livewell Studio	Zoe	
10:30 am - 11:30 am	Strength Club	Gym	Gym Team	
11:05 am - 12:00 pm	Fitness Pilates	Livewell Studio	Diana	
11:10 am - 12:00 pm	Body Step	Energy Studio	Zoe	
12:05 pm - 1:00 pm	Pilates	Livewell Studio	Michelle DB	
1:00 pm - 2:00 pm	Yin Yoga	Energy Studio	Wendy	
2:10 pm - 3:10 pm	Forever Active	Energy Studio	Wendy	all levels