

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/05/2024

Times for Sunday 7 April



| Time | Session | Facility | Instructor | Level |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 8:00 am - 8:45 am | Body Pump | Energy Studio | Russ | |
| 8:10 am - 9:10 am | Fitness Pilates | Training Centre | Natalie | |
| 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 |
| 9:15 am - 10:00 am | Supple Strength | Training Centre | Natalie | |
| 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 | |
| 10:15 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 | |
| 11:00 am - 11:55 am | Body Balance | Training Centre | Ali | |
| 11:25 am - 12:10 pm | Dance-Fit | Livewell Studio | Mariangela | |
| 12:00 pm - 12:30 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 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 | |
| 4:30 pm - 5:30 pm | Hatha Yoga | Energy Studio | Suzanne | |