

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 14/06/2026

Times for Tuesday 31 March



| Time | Session | Facility | Instructor | Level |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 6:15 am - 7:00 am | Hybrid Hiit | Gym | Gym Team | |
| 7:00 am - 7:45 am | Body Pump Heavy | Energy Studio | Russ | |
| 8:00 am - 8:30 am | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | |
| 8:15 am - 9:10 am | Body Balance | Energy Studio | H | all levels |
| 8:15 am - 9:10 am | Pilates | Livewell Studio | Molly | |
| 9:10 am - 9:55 am | Ride Colour | Ride Indoor Cycling Studio | Leah | all levels |
| 9:15 am - 10:00 am | FIT | Energy Studio | H | all levels |
| 9:15 am - 10:15 am | Sun Power Yoga | Livewell Studio | Michele W | all levels |
| 9:30 am - 10:00 am | Synrgy Circuits | Gym | Gym Team | |
| 9:30 am - 11:00 am | Tennis Adult Intermediate | Indoor Tennis Court | | |
| 10:05 am - 11:05 am | Body Pump | Energy Studio | H | all levels |
| 10:20 am - 11:20 am | Somatics Yoga | Livewell Studio | Michele W | all levels |
| 10:30 am - 11:15 am | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:30 am - 12:15 pm | Total Body Conditioning | Energy Studio | Abbi | |
| 11:30 am - 12:20 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:30 am - 12:30 pm | Pilates | Livewell Studio | Zoe | all levels |
| 12:30 pm - 1:00 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:35 pm - 1:25 pm | Shapes | Energy Studio | Zoe | |
| 12:45 pm - 1:45 pm | Vinyasa Yoga | Livewell Studio | Tania | |
| 1:30 pm - 2:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:30 pm - 2:30 pm | Referral Circuits | Energy Studio | Sarah T | |

| Time | Session | Facility | Instructor | Level |
|-------------------|------------------------------|----------------------------|-------------------|--------------|
| 2:00 pm - 3:00 pm | Yoga Gentle | Livewell Studio | Alex | |
| 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 |
| 4:30 pm - 5:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 5:00 pm - 6:30 pm | Turbo Tennis 2 | Indoor Tennis Court | | |
| 5:10 pm - 5:40 pm | Complete Core | Livewell Studio | Rosie | |
| 5:15 pm - 6:00 pm | Ride Vista | Ride Indoor Cycling Studio | Tatiana | all levels |
| 5:45 pm - 6:30 pm | Dance-Fit | Livewell Studio | Rosie | |
| 5:45 pm - 6:30 pm | Body Combat | Energy Studio | Nathan | |
| 6:15 pm - 6:45 pm | Ride Colour Base Fitness | Ride Indoor Cycling Studio | Tatiana | all levels |
| 6:15 pm - 7:00 pm | Hybrid Hiit | Gym | Gym Team | all levels |
| 6:30 pm - 8:00 pm | Tennis Adult Drills Advanced | Indoor Tennis Court | | |
| 6:35 pm - 7:20 pm | FIT | Energy Studio | Abbi | all levels |
| 6:40 pm - 7:25 pm | Body Balance | Livewell Studio | Anna | |
| 7:30 pm - 8:30 pm | Pilates | Livewell Studio | John | all levels |
| 7:30 pm - 8:30 pm | Body Pump | Energy Studio | Meg | |
| 8:30 pm - 9:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |