

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 14/06/2026

Times for Saturday 4 April



| Time | Session | Facility | Instructor | Level |
|---------------------|-------------------------|----------------------------|---------------|------------|
| 7:15 am - 8:00 am | Body Pump | Energy Studio | Ade | |
| 7:15 am - 8:10 am | Yoga Gentle | Livewell Studio | Alex | |
| 8:00 am - 8:30 am | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:15 am - 9:00 am | Body Attack | Energy Studio | Adrian | all levels |
| 8:15 am - 9:15 am | Pilates | Livewell Studio | John | all levels |
| 9:00 am - 9:45 am | Ride Vista | Ride Indoor Cycling Studio | Emma G | |
| 9:00 am - 10:00 am | Cardio Tennis | Indoor Tennis Court | | |
| 9:00 am - 10:00 am | Tennis Mini Red 2 | Indoor Tennis Court | | |
| 9:10 am - 10:10 am | Body Pump | Energy Studio | Adrian | all levels |
| 9:25 am - 10:10 am | Dance-Fit | Livewell Studio | Mariangela | all levels |
| 9:30 am - 10:00 am | Synrgy Circuits | Gym | Gym Team | |
| 10:00 am - 11:00 am | Tennis Mini Red 1 | Indoor Tennis Court | | |
| 10:15 am - 11:00 am | Body Step | Energy Studio | Adrian | all levels |
| 10:15 am - 11:15 am | Yoga Flow | Livewell Studio | Anne | all levels |
| 10:30 am - 11:15 am | Hybrid Hiit | Gym | Gym Team | |
| 11:00 am - 12:00 pm | Tennis Mini Orange 1 | Indoor Tennis Court | | |
| 11:10 am - 11:55 am | Body Combat | Energy Studio | Sallie | |
| 11:20 am - 12:20 pm | Yin Yoga | Livewell Studio | Anne | |
| 12:00 pm - 12:30 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:00 pm - 12:55 pm | Body Balance | Energy Studio | Sallie | |
| 12:00 pm - 1:00 pm | Tennis Mini Green | Indoor Tennis Court | | |

| Time | Session | Facility | Instructor | Level |
|--------------------|---------------------------|----------------------------|-------------------|--------------|
| 12:30 pm - 1:30 pm | Yin Yoga | Livewell Studio | Anne | |
| 1:00 pm - 1:45 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:00 pm - 2:30 pm | Turbo Tennis 2 | Indoor Tennis Court | | |
| 2:00 pm - 2:45 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:30 pm - 4:00 pm | Turbo Tennis 1 | Indoor Tennis Court | | |
| 3:00 pm - 3:30 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:30 pm - 5:30 pm | De-Stress Yoga | Energy Studio | Anne | |