

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 24/05/2026

### Times for Monday 4 May



Time	Session	Facility	Instructor	Level
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	
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	Nathan	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gary	
9:30 am - 10:30 am	Cardio Tennis	Indoor Tennis Court		
10:05 am - 11:00 am	Yoga Flow	Livewell Studio	Diana	
10:10 am - 10:55 am	Total Body Conditioning	Energy Studio	H	all levels
10:10 am - 10:55 am	Ride Vista	Ride Indoor Cycling Studio	Emma G	
10:30 am - 11:30 am	Strength Club	Gym	Gary	
11:05 am - 12:00 pm	Fitness Pilates	Livewell Studio	Natalie	all levels
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:05 pm - 12:50 pm	Burn-Tone-Stretch	Energy Studio	Natalie	
12:05 pm - 1:00 pm	Pilates	Livewell Studio	Diana	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:05 pm - 2:00 pm	Forever Active	Livewell Studio	Natalie	all levels
1:05 pm - 2:05 pm	Yin Yoga	Energy Studio	Alex	
2:10 pm - 3:05 pm	Body Balance	Livewell Studio	Russ	
2:15 pm - 3:00 pm	Body Pump	Energy Studio	Ade	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
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
4:00 pm - 5:00 pm	Tennis Mini Red 2	Indoor Tennis Court		
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		