

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 08/07/2026

Times for Monday 6 July



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	all levels
7:00 am - 7:45 am	Body Combat	Energy Studio	Nathan	
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	Maria M	
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 - 10:15 am	Hybrid Hiit	Gym	Gym Team	
9:30 am - 10:30 am	Cardio Tennis	Indoor Tennis Court		
10:05 am - 11:00 am	Yoga Flow	Livewell Studio	Michelle DB	
10:10 am - 10:55 am	Total Body Conditioning	Energy Studio	H	all levels
10:30 am - 11:30 am	Strength Club	Gym	Gary	
11:05 am - 12:00 pm	Fitness Pilates	Livewell Studio	Natalie	all levels
11:10 am - 12:00 pm	Shapes	Energy Studio	Adrian	
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	Michelle DB	
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	Anne	

Time	Session	Facility	Instructor	Level
2:10 pm - 3:05 pm	Body Balance	Livewell Studio	Russ	
2:15 pm - 3:00 pm	Body Pump	Energy Studio	Ade	
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		
5:05 pm - 5:40 pm	Shapes	Energy Studio	Rachel	
5:15 pm - 5:45 pm	Ride Colour Base Fitness	Ride Indoor Cycling Studio	Ross	
5:30 pm - 6:30 pm	Vinyasa Yoga	Livewell Studio	Hannah S	
5:45 pm - 6:30 pm	Body Attack	Energy Studio	Meg	all levels
6:00 pm - 6:30 pm	Ride Podium	Ride Indoor Cycling Studio	Ross	all levels
6:15 pm - 6:45 pm	Synrgy Circuits	Gym	Gym Team	
6:35 pm - 7:30 pm	Body Pump Heavy	Energy Studio	Zoe	all levels
6:35 pm - 7:35 pm	Pilates	Livewell Studio	John	
6:45 pm - 7:45 pm	Ride Vista	Ride Indoor Cycling Studio	Ross	all levels
7:40 pm - 8:25 pm	FIT	Energy Studio	Natalie	
7:40 pm - 8:35 pm	Body Balance	Livewell Studio	Zoe	