

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 08/07/2026

Times for Wednesday 8 July



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	
7:00 am - 7:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
7:00 am - 7:45 am	Body Combat	Energy Studio	Nathan	
8:00 am - 8:45 am	Shapes	Energy Studio	Molly	
8:00 am - 8:55 am	Pilates	Livewell Studio	Sasha	
9:00 am - 10:00 am	Yin Yoga	Livewell Studio	Molly	all levels
9:10 am - 9:55 am	Ride Vista	Ride Indoor Cycling Studio	Jenny S	all levels
9:10 am - 10:00 am	Body Pump Heavy	Energy Studio	Zoe	all levels
9:30 am - 10:15 am	Hybrid Hiit	Gym	Gym Team	
10:05 am - 11:05 am	Fitness Pilates	Livewell Studio	Natalie	all levels
10:10 am - 10:55 am	Ride Colour	Ride Indoor Cycling Studio	Jenny S	
10:10 am - 11:00 am	Body Step	Energy Studio	Zoe	all levels
11:10 am - 12:05 pm	Body Balance	Energy Studio	Zoe	all levels
11:15 am - 12:00 pm	Zumba	Livewell Studio	Rosie	
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:10 pm - 1:10 pm	Slow Flow Yoga	Livewell Studio	Rosie	
12:15 pm - 1:00 pm	Body Pump	Energy Studio	Adrian	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:15 pm - 2:00 pm	Flex & Stretch	Livewell Studio	H	
1:15 pm - 2:15 pm	Forever Active	Energy Studio	Natalie	
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
2:05 pm - 3:00 pm	Pilates	Livewell Studio	Charlene	
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
3:30 pm - 4:00 pm	Diddy Tennis	Indoor Tennis Court		
4:00 pm - 5:00 pm	Tennis Mini Red 2	Indoor Tennis Court		
4:00 pm - 5:00 pm	Tennis Mini Orange 1	Outdoor Tennis Court		
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
5:00 pm - 6:00 pm	Tennis Mini Red 1	Indoor Tennis Court		
5:00 pm - 6:00 pm	Tennis Mini Green	Outdoor Tennis Court		
5:30 pm - 6:30 pm	Hatha Yoga	Livewell Studio	Tania	all levels
5:45 pm - 6:30 pm	Totally Shredded	Energy Studio	Abbi	all levels
6:00 pm - 6:45 pm	Ride Vista	Ride Indoor Cycling Studio	Emma G	all levels
6:00 pm - 7:30 pm	Turbo Tennis 1	Indoor Tennis Court		
6:15 pm - 6:45 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:35 pm - 7:35 pm	Pilates	Livewell Studio	Gemma	all levels
6:35 pm - 7:35 pm	Body Pump	Energy Studio	Leah	
7:00 pm - 7:30 pm	Ride Podium	Ride Indoor Cycling Studio	Emma G	all levels
7:40 pm - 8:25 pm	Supple Strength	Livewell Studio	Gemma	
7:40 pm - 8:25 pm	Total Body Conditioning	Energy Studio	Emma G	
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels