

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 08/07/2026

Times for Thursday 9 July



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Hybrid Hiit	Gym	Gym Team	
7:00 am - 7:45 am	Body Pump	Energy Studio	Ade	all levels
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:15 am - 9:00 am	Total Body Conditioning	Energy Studio	Emma G	
8:15 am - 9:10 am	Pilates	Livewell Studio	Zoe	all levels
9:15 am - 10:10 am	FIT	Energy Studio	Emma G	all levels
9:15 am - 10:15 am	Vinyasa Yoga	Livewell Studio	Zoe	all levels
9:30 am - 10:00 am	Ride Colour	Ride Indoor Cycling Studio	Andrea	
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	
10:00 am - 11:30 am	Tennis Adult Intermediate	Indoor Tennis Court		
10:15 am - 11:00 am	Body Pump	Energy Studio	Ade	all levels
10:20 am - 11:05 am	Dance-Fit	Livewell Studio	Rosie	
10:30 am - 11:15 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
10:30 am - 11:30 am	Strength Club	Gym	Harry	
11:10 am - 11:40 am	Complete Core	Livewell Studio	Rosie	
11:10 am - 12:05 pm	Body Balance	Energy Studio	Zoe	
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	
11:45 am - 12:30 pm	Flex & Stretch	Livewell Studio	Gemma	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:30 pm	Burn-Tone-Stretch	Energy Studio	Natalie	
1:00 pm - 2:00 pm	Yoga Gentle	Livewell Studio	Nicola	

Time	Session	Facility	Instructor	Level
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:05 pm - 3:00 pm	Pilates	Livewell Studio	Janet	
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 - 5:40 pm	Shapes	Energy Studio	Meg	
5:45 pm - 6:30 pm	Total Body Conditioning	Livewell Studio	H	
5:45 pm - 6:30 pm	Body Attack	Energy Studio	Meg	
6:15 pm - 7:00 pm	Hybrid Hiit	Gym	Gym Team	all levels
6:15 pm - 7:15 pm	Ride Vista	Ride Indoor Cycling Studio	Jenny S	
6:35 pm - 7:25 pm	Body Step	Energy Studio	Adrian	all levels
6:35 pm - 7:30 pm	Fitness Pilates	Livewell Studio	H	all levels
7:00 pm - 8:30 pm	Tennis Adult Intermediate	Indoor Tennis Court		
7:35 pm - 8:30 pm	Body Balance	Livewell Studio	H	all levels
7:35 pm - 8:35 pm	Body Pump	Energy Studio	Adrian	all levels
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels