

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 08/07/2026

Times for Sunday 12 July



Time	Session	Facility	Instructor	Level
7:10 am - 7:55 am	Body Pump Heavy	Energy Studio	Russ	
7:15 am - 8:05 am	Fitness Pilates	Livewell Studio	Natalie	
8:00 am - 8:45 am	Body Pump	Energy Studio	Russ	
8:10 am - 9:00 am	Fitness Pilates	Livewell Studio	Natalie	
8:15 am - 8:45 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:50 am - 9:40 am	Body Combat	Energy Studio	Ali	
9:00 am - 10:00 am	Ride Vista	Ride Indoor Cycling Studio	Gary	all levels
9:00 am - 10:30 am	Tennis Adult Beginners/Improvers	Indoor Tennis Court		
9:05 am - 9:50 am	Supple Strength	Livewell Studio	Natalie	
9:30 am - 10:15 am	Hybrid Hiit	Gym	Gym Team	
9:45 am - 10:45 am	Body Pump	Energy Studio	Ali	
9:55 am - 10:40 am	Shapes	Livewell Studio	Adrian	
10:30 am - 11:00 am	Synrgy Circuits	Gym	Gym Team	
10:30 am - 11:30 am	Tennis Mini Red 2	Indoor Tennis Court		
10:50 am - 11:45 am	Body Balance	Energy Studio	Ali	
11:30 am - 12:30 pm	Tennis Mini Orange 1	Indoor Tennis Court		
11:40 am - 12:35 pm	Yoga Flow	Livewell Studio	Camilla	
12:00 pm - 12:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:30 pm	Tennis Mini Green	Indoor Tennis Court		
12:45 pm - 1:45 pm	Hatha Yoga	Livewell Studio	Camilla	
1:00 pm - 1:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
2:00 pm - 2:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:00 pm - 3:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:25 pm	Yin Yoga	Energy Studio	Suzanne	
4:30 pm - 5:30 pm	Hatha Yoga	Energy Studio	Suzanne	