

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 03/09/2026

Times for Friday 4 September



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	all levels
7:00 am - 7:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
7:00 am - 8:00 am	Hatha Yoga	Livewell Studio	Gareth	
7:45 am - 8:40 am	Body Combat	Energy Studio	Ali	all levels
8:05 am - 9:00 am	Pilates	Livewell Studio	Gareth	
8:50 am - 9:50 am	FIT	Energy Studio	Emma G	
9:05 am - 10:00 am	Body Balance	Livewell Studio	Leah	all levels
9:55 am - 10:30 am	Totally Shredded	Energy Studio	Abbi	
10:30 am - 11:30 am	Yin Yoga	Livewell Studio	Anne	all levels
10:35 am - 11:35 am	Body Pump	Energy Studio	Ade	all levels
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:40 am - 12:40 pm	Yang/Yin Release	Livewell Studio	Anne	
11:45 am - 12:30 pm	Dance-Fit	Energy Studio	Rosie	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:40 pm - 1:40 pm	Pilates	Energy Studio	Gemma	all levels
12:45 pm - 1:45 pm	Yoga Flow	Livewell Studio	Rosie	
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
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 Orange 1	Indoor Tennis Court		
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
5:00 pm - 6:30 pm	Turbo Tennis 2	Indoor Tennis Court		
5:10 pm - 6:05 pm	Body Balance	Livewell Studio	Ali	all levels
5:15 pm - 6:00 pm	Body Pump	Energy Studio	Sallie	
6:10 pm - 6:55 pm	Body Combat	Energy Studio	Sallie	all levels
6:15 pm - 6:45 pm	Synrgy Circuits	Gym	Gym Team	
6:15 pm - 7:15 pm	Vinyasa Yoga	Livewell Studio	Rosie	
6:30 pm - 8:00 pm	Turbo Tennis 1	Indoor Tennis Court		
7:00 pm - 8:00 pm	Pilates	Energy Studio	Molly	
7:30 pm - 8:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels