

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 03/09/2026

Times for Saturday 5 September



Time	Session	Facility	Instructor	Level
7:15 am - 8:00 am	Body Pump	Energy Studio	Ade	
7:15 am - 8:10 am	Yoga Gentle	Livewell Studio	Alex	
8:00 am - 8:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:15 am - 9:00 am	Body Attack	Energy Studio	Adrian	all levels
8:15 am - 9:15 am	Pilates	Livewell Studio	John	all levels
9:00 am - 9:45 am	Ride Vista	Ride Indoor Cycling Studio	Jenny S	all levels
9:00 am - 10:00 am	Cardio Tennis	Indoor Tennis Court		
9:00 am - 10:00 am	Tennis Mini Red 2	Indoor Tennis Court		
9:10 am - 10:10 am	Body Pump	Energy Studio	Adrian	all levels
9:25 am - 10:10 am	Dance-Fit	Livewell Studio	Mariangela	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	
10:00 am - 10:45 am	Ride Colour	Ride Indoor Cycling Studio	Jenny S	all levels
10:00 am - 11:00 am	Tennis Mini Red 1	Indoor Tennis Court		
10:15 am - 11:00 am	Body Step	Energy Studio	Adrian	all levels
10:15 am - 11:15 am	Yoga Flow	Livewell Studio	Anne	all levels
11:00 am - 11:45 am	Hybrid Hiit	Gym	Gym Team	
11:00 am - 12:00 pm	Tennis Mini Orange 1	Indoor Tennis Court		
11:10 am - 11:55 am	Body Combat	Energy Studio	Sallie	
11:20 am - 12:20 pm	Yin Yoga	Livewell Studio	Anne	
12:00 pm - 12:30 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:00 pm - 12:55 pm	Body Balance	Energy Studio	Sallie	

Time	Session	Facility	Instructor	Level
12:00 pm - 1:00 pm	Tennis Mini Green	Indoor Tennis Court		
12:30 pm - 1:30 pm	Yin Yoga	Livewell Studio	Anne	
1:00 pm - 1:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:00 pm - 2:30 pm	Turbo Tennis 2	Indoor Tennis Court		
2:00 pm - 2:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 4:00 pm	Turbo Tennis 1	Indoor Tennis Court		
3:00 pm - 3:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:30 pm - 5:30 pm	De-Stress Yoga	Energy Studio	Anne	