

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 03/09/2026

### Times for Sunday 6 September



| 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 | Tatiana       |            |
| 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 - 10:00 am  | Synrgy Circuits                  | Gym                        | Gym Team      |            |
| 9:45 am - 10:45 am  | Body Pump                        | Energy Studio              | Ali           |            |
| 9:55 am - 10:45 am  | Shapes                           | Livewell Studio            | Adrian        |            |
| 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 - 12:40 pm | Yoga Flow                        | Livewell Studio            | Diana         |            |
| 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            | Diana         |            |
| 1:00 pm - 1:45 pm   | Ride Virtual Tour Coach          | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:00 pm - 2:45 pm   | Ride Virtual Tour Coach          | Ride Indoor Cycling Studio | Virtual coach | all levels |

| Time              | Session                   | Facility                   | Instructor    | Level      |
|-------------------|---------------------------|----------------------------|---------------|------------|
| 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       |            |