Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/10/2024

Times for Sunday 24 September

Time	Session	Facility	Instructor	Level
7:00 am - 8:00 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:00 am - 9:45 am	Supple Strength	Livewell Studio	Fiona	all levels
9:00 am - 10:00 am	Body Attack	Energy Studio	Ali	advanced
9:00 am - 10:00 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Gary	intermediate / advanced
9:30 am - 10:00 am	Synrgy Circuits	Gym	jack	all levels
9:50 am - 10:50 am	Fitness Pilates	Livewell Studio	Fiona	all levels
10:05 am - 11:05 am	Body Pump	Energy Studio	Ali	all levels
10:15 am - 11:00 am	MyRide Live	Ride Indoor Cycling Studio	Dena	all levels
11:10 am - 11:55 am	Body Combat	Energy Studio		all levels
12:00 pm - 12:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:45 pm - 1:15 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:30 pm - 2:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 3:00 pm	Junior Fitness	Gym	Gym Team	all levels
5:00 pm - 6:00 pm	Yoga Gentle	Energy Studio	Alex	all levels