# Group Exercise Timetable

## Withdean Sports Complex

**Accurate as of 03/05/2024**

**Times for Wednesday 22 November**

| Time | Session | Facility | Instructor | Level |
|---|---|---|---|---|
| 6:15 am - 6:45 am | Synrgy Circuits | Gym | Andy M | all levels |
| 6:45 am - 7:15 am | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Andrea | all levels |
| 7:30 am - 8:00 am | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:15 am - 8:45 am | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:15 am | Hatha Yoga | Livewell Studio | Nicola C | all levels |
| 9:20 am - 10:05 am | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Georgie | all levels |
| 9:30 am - 10:15 am | Synrgy Circuits | Gym | Andy M | all levels |
| 10:20 am - 11:20 am | Fitness Pilates | Livewell Studio | Mel | all levels |
| 10:30 am - 11:15 am | MyRide Live | Ride Indoor Cycling Studio | Dom | all levels |
| 11:25 am - 12:25 pm | Flex & Stretch | Livewell Studio | Mel | all levels |
| 12:15 pm - 12:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:00 pm - 1:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:00 pm - 3:00 pm | Body Balance | Energy Studio | Ali | all levels |
| 3:15 pm - 3:45 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 3:30 pm - 4:00 pm | Diddy Tennis | Indoor Tennis Court | | |
| 4:00 pm - 4:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:00 pm - 5:00 pm | Tennis Mini Red 3 | Indoor Tennis Court | | |
| 4:00 pm - 5:00 pm | Tennis Mini Orange 2 | Outdoor Tennis Court | | |
| 4:15 pm - 5:00 pm | Junior Fitness | Gym | Gym Team | teen |
| 5:00 pm - 6:00 pm | Tennis Mini Red 2 | Indoor Tennis Court | | |
| 5:00 pm - 6:00 pm | Tennis Mini Orange 1 | Outdoor Tennis Court | | |

| Time | Session | Facility | Instructor | Level |
|---|---|---|---|---|
| 5:45 pm - 6:30 pm | Body Combat | Energy Studio | Nathan | all levels |
| 5:45 pm - 6:30 pm | Pure Core | Livewell Studio | Jane | all levels |
| 6:00 pm - 6:30 pm | Synrgy Circuits | Gym | Gym Team | all levels |
| 6:00 pm - 6:45 pm | Connect Indoor Cycling | Ride Indoor Cycling Studio | Emma G | all levels |
| 6:00 pm - 7:00 pm | Tennis Mini Green | Outdoor Tennis Court | | |
| 6:35 pm - 7:35 pm | Body Pump | Energy Studio | Leah | all levels |
| 6:35 pm - 7:35 pm | Flex & Stretch | Livewell Studio | Jane | all levels |
| 7:00 pm - 7:30 pm | Synrgy Circuits | Gym | Gym Team | all levels |
| 7:00 pm - 8:30 pm | Turbo Tennis 2 | Indoor Tennis Court | | |
| 7:40 pm - 8:40 pm | Shredded | Energy Studio | Roxy | all levels |
| 7:40 pm - 8:40 pm | Hatha Yoga | Livewell Studio | Gareth | all levels |