

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 29/04/2024

### Times for Saturday 27 January



| Time                | Session                        | Facility                   | Instructor    | Level      |
|---------------------|--------------------------------|----------------------------|---------------|------------|
| 7:15 am - 8:15 am   | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:15 am - 9:15 am   | Fitness Pilates                | Livewell Studio            | Dena          | all levels |
| 8:30 am - 9:15 am   | MyRide Live                    | Ride Indoor Cycling Studio | sophie        | all levels |
| 9:00 am - 10:00 am  | Body Pump                      | Energy Studio              | Adrian        | all levels |
| 9:00 am - 10:00 am  | Tennis Mini Red 2              | Indoor Tennis Court        |               |            |
| 9:20 am - 10:05 am  | Dance Fitness                  | Livewell Studio            | Rosie         | all levels |
| 9:30 am - 10:00 am  | Synrgy Circuits                | Gym                        | Gym Team      | all levels |
| 9:30 am - 10:15 am  | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | sophie        | all levels |
| 10:00 am - 11:00 am | Tennis Mini Red 1              | Indoor Tennis Court        |               |            |
| 10:05 am - 10:50 am | Body Step                      | Energy Studio              | Adrian        | all levels |
| 10:10 am - 10:55 am | Body Sculpt                    | Livewell Studio            | Rosie         | all levels |
| 11:00 am - 12:00 pm | Body Attack                    | Energy Studio              |               | advanced   |
| 11:00 am - 12:00 pm | Yoga Flow                      | Livewell Studio            | Kristal       | all levels |
| 11:00 am - 12:00 pm | Tennis Mini Orange 1           | Indoor Tennis Court        |               |            |
| 12:00 pm - 1:00 pm  | Tennis Mini Green              | Indoor Tennis Court        |               |            |
| 1:00 pm - 2:30 pm   | Turbo Tennis 2                 | Indoor Tennis Court        |               |            |
| 2:00 pm - 3:00 pm   | Junior Fitness                 | Gym                        | Gym Team      | all levels |
| 2:30 pm - 4:00 pm   | Turbo Tennis 1                 | Indoor Tennis Court        |               |            |
| 5:00 pm - 6:00 pm   | De-Stress Yoga                 | Energy Studio              | Anne          | all levels |
| 5:30 pm - 6:00 pm   | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |