

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 03/05/2024

Times for Thursday 16 May



| Time | Session | Facility | Instructor | Level |
|---------------------|--------------------------------|----------------------------|---------------|------------|
| 6:30 am - 7:00 am | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 7:15 am - 8:00 am | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:30 am - 9:00 am | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:15 am | Body Attack | Energy Studio | Beth | advanced |
| 9:15 am - 10:15 am | Power Yoga | Livewell Studio | Gareth | all levels |
| 9:20 am - 10:05 am | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Natalie | all levels |
| 9:20 am - 10:15 am | Freedom Interval Training | Running Track | Mel | all levels |
| 9:30 am - 10:00 am | Synrgy Circuits | Gym | Gym Team | all levels |
| 10:20 am - 11:20 am | Body Pump | Energy Studio | Beth | all levels |
| 10:25 am - 11:20 am | Supple Strength | Livewell Studio | Mel | all levels |
| 10:30 am - 11:30 am | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:25 am - 12:25 pm | Body Balance | Livewell Studio | Zoe | all levels |
| 12:15 pm - 12:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:00 pm - 1:30 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:00 pm - 5:00 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:15 pm - 5:00 pm | Junior Fitness | Gym | Gym Team | teen |
| 5:15 pm - 5:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 6:00 pm - 6:30 pm | Synrgy Circuits | Gym | Gym Team | all levels |
| 6:00 pm - 6:45 pm | Freedom Interval Training | Energy Studio | Helen S | all levels |
| 6:00 pm - 6:45 pm | Dance Fitness | Livewell Studio | Rosie | all levels |
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Rick | all levels |

| Time | Session | Facility | Instructor | Level |
|-------------------|-------------------|----------------------------|-------------------|--------------|
| 6:50 pm - 7:50 pm | Body Attack | Energy Studio | Adrian | advanced |
| 6:50 pm - 7:50 pm | Supple Strength | Livewell Studio | Helen S | all levels |
| 7:00 pm - 7:45 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 7:55 pm - 8:55 pm | Body Pump | Energy Studio | Adrian | all levels |
| 7:55 pm - 8:55 pm | Fitness Pilates | Livewell Studio | Gemma | all levels |