

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 20/04/2024

### Times for Tuesday 23 July



| Time                | Session                   | Facility                   | Instructor    | Level      |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 6:15 am - 6:45 am   | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 6:45 am - 7:45 am   | Body Pump                 | Energy Studio              | Sarah-Jane    | all levels |
| 8:30 am - 9:00 am   | MyRide Coach              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:15 am  | Freedom Interval Training | Energy Studio              | Mel           | all levels |
| 9:20 am - 10:05 am  | Zumba                     | Livewell Studio            | Jo            | all levels |
| 9:20 am - 10:05 am  | MyRide Live               | Ride Indoor Cycling Studio | Tatiana/Jenny | all levels |
| 9:30 am - 10:00 am  | Synrgy Circuits           | Gym                        | Gym Team      | all levels |
| 9:30 am - 11:00 am  | Tennis Adult Intermediate | Indoor Tennis Court        |               |            |
| 10:20 am - 10:50 am | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 10:20 am - 11:20 am | Body Pump                 | Energy Studio              | Helen S       | all levels |
| 10:20 am - 11:20 am | Sun Power Yoga            | Livewell Studio            | Michele       | all levels |
| 11:00 am - 1:00 pm  | Closed from Maintenance   | Ride Indoor Cycling Studio | Ricky G       |            |
| 11:25 am - 12:10 pm | Body Combat               | Energy Studio              | Leilani       | all levels |
| 11:25 am - 12:25 pm | Somatics Yoga             | Livewell Studio            | Michele       | all levels |
| 1:00 pm - 1:30 pm   | MyRide World Tour         | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:45 pm - 2:45 pm   | Fitness Pilates           | Energy Studio              | Wendy         | all levels |
| 4:15 pm - 5:00 pm   | Junior Fitness            | Gym                        | Gym Team      | teen       |
| 5:30 pm - 6:15 pm   | MyRide Live               | Ride Indoor Cycling Studio | Lynn          | all levels |
| 5:45 pm - 6:30 pm   | Freedom Interval Training | Energy Studio              | sophie        | all levels |
| 5:45 pm - 6:30 pm   | Flex & Stretch            | Livewell Studio            | Elle          | all levels |
| 6:00 pm - 6:30 pm   | Synrgy Circuits           | Gym                        | Gym Team      | all levels |

| <b>Time</b>       | <b>Session</b>                 | <b>Facility</b>            | <b>Instructor</b> | <b>Level</b> |
|-------------------|--------------------------------|----------------------------|-------------------|--------------|
| 6:30 pm - 7:15 pm | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Lynn              | all levels   |
| 6:30 pm - 8:00 pm | Tennis Adult Drills Advanced   | Indoor Tennis Court        |                   |              |
| 6:35 pm - 7:20 pm | Body Sculpt                    | Livewell Studio            | Elle              | all levels   |
| 6:35 pm - 7:35 pm | Body Attack                    | Energy Studio              | Leah              | advanced     |
| 7:25 pm - 8:25 pm | Pilates                        | Livewell Studio            | Yan               | all levels   |
| 8:15 pm - 8:45 pm | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach     | all levels   |
| 8:30 pm - 9:30 pm | Power Yoga                     | Livewell Studio            | Gareth            | all levels   |