

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Tuesday 12 November



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 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	Freedom Interval Training	Energy Studio	Mel	all levels
9:20 am - 10:05 am	MyRide Live	Ride Indoor Cycling Studio	Tatiana/Jenny	all levels
9:20 am - 10:05 am	Zumba	Livewell Studio		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		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
6:30 pm - 7:15 pm	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Lynn	all levels

Time	Session	Facility	Instructor	Level
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		all levels
7:40 pm - 8:40 pm	Body Step	Energy Studio		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	Rachael	all levels