

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Wednesday 20 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
9:00 am - 9:45 am	Body Step	Energy Studio		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		all levels
9:30 am - 10:15 am	Synrgy Circuits	Gym	Andy M	all levels
9:50 am - 10:35 am	Body Pump	Energy Studio		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		all levels
10:40 am - 11:25 am	Body Attack	Energy Studio		advanced
11:25 am - 12:25 pm	Flex & Stretch	Livewell Studio	Mel	all levels
11:30 am - 12:15 pm	Legs, Bums & Tums	Energy Studio	Jo	all levels
12:15 pm - 12:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:45 pm - 1:45 pm	Exercise Referral	Energy Studio	Andrea	beginner
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
4:00 pm - 4:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
4:15 pm - 5:00 pm	Junior Fitness	Gym	Gym Team	teen

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		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
6:35 pm - 7:35 pm	Body Pump	Energy Studio	Leah	all levels
6:35 pm - 7:35 pm	Flex & Stretch	Livewell Studio		all levels
7:00 pm - 7:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
7:00 pm - 7:45 pm	MyRide Live	Ride Indoor Cycling Studio	Emma G	all levels
7:40 pm - 8:40 pm	Shredded	Energy Studio	Roxy	all levels
7:40 pm - 8:40 pm	Hatha Yoga	Livewell Studio	Laurie	all levels