

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Friday 24 January



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Ricky G	all levels
7:00 am - 7:55 am	Body Balance	Livewell Studio	Ali	all levels
8:10 am - 9:10 am	Body Combat	Energy Studio	Ali	all levels
8:15 am - 8:45 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:15 am - 10:15 am	Freedom Interval Training	Energy Studio	Mel	all levels
9:15 am - 10:15 am	Scaravelli Yoga	Livewell Studio	Wendy	all levels
9:20 am - 10:05 am	Connect Indoor Cycling	Ride Indoor Cycling Studio	Gary	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Ricky G	all levels
10:20 am - 11:05 am	Pure Core	Livewell Studio	Roxy	all levels
10:20 am - 11:20 am	Body Pump	Energy Studio	Leah	all levels
10:30 am - 11:00 am	Synrgy Circuits	Gym	Ricky G	all levels
10:30 am - 11:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:25 am - 12:10 pm	Legs, Bums & Tums	Energy Studio	Wendy	all levels
11:25 am - 12:25 pm	Sun Power Yoga	Livewell Studio	Michele	all levels
11:30 am - 12:00 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:15 pm - 12:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:30 pm	Pilates	Energy Studio		all levels
1:00 pm - 1:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 3:00 pm	Forever Active	Livewell Studio		beginner
3:15 pm - 3:45 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:00 pm - 5:00 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
4:15 pm - 5:00 pm	Junior Fitness	Gym	Gym Team	teen
5:15 pm - 6:15 pm	Body Balance	Livewell Studio	Rachel	all levels
5:30 pm - 6:30 pm	Body Pump	Energy Studio	Ali	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Ross	all levels
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:30 pm - 7:30 pm	Hatha Yoga	Livewell Studio	Sabine	all levels
6:35 pm - 7:20 pm	Body Combat	Energy Studio	Nathan	all levels