

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Saturday 25 January



Time	Session	Facility	Instructor	Level
7:15 am - 8:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
8:00 am - 8:45 am	Body Combat	Energy Studio	Sam	all levels
8:15 am - 9:15 am	Fitness Pilates	Livewell Studio		all levels
8:30 am - 9:15 am	MyRide Live	Ride Indoor Cycling Studio	sophie	all levels
9:00 am - 10:00 am	Body Pump	Energy Studio	Meg	all levels
9:20 am - 10:05 am	Dance Fitness	Livewell Studio	Rosie	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
9:30 am - 10:15 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	sophie	all levels
10:05 am - 10:50 am	Body Step	Energy Studio	Adrian	all levels
10:10 am - 10:55 am	Body Sculpt	Livewell Studio	Rosie	all levels
11:00 am - 11:30 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:00 am - 12:00 pm	Body Attack	Energy Studio		advanced
11:00 am - 12:00 pm	Yoga Flow	Livewell Studio	Kristal	all levels
12:00 pm - 12:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:15 pm - 1:15 pm	Yin Yoga	Livewell Studio	Kristal	all levels
12:15 pm - 1:15 pm	Hatha Yoga	Energy Studio	Laurie	all levels
1:00 pm - 1:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 2:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 3:00 pm	Junior Fitness	Gym	Gym Team	all levels
3:00 pm - 3:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
4:00 pm - 4:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
5:00 pm - 6:00 pm	De-Stress Yoga	Energy Studio	Anne	all levels
5:30 pm - 6:00 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels