

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Thursday 30 January



Time	Session	Facility	Instructor	Level
6:30 am - 7:00 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
7:15 am - 8:00 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	Body Attack	Energy Studio		advanced
9:15 am - 10:15 am	Power Yoga	Livewell Studio	Gareth	all levels
9:20 am - 10:05 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Natalie	all levels
9:20 am - 10:15 am	Freedom Interval Training	Running Track	Mel	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
10:20 am - 11:20 am	Body Pump	Energy Studio		all levels
10:25 am - 11:20 am	Supple Strength	Livewell Studio	Mel	all levels
10:30 am - 11:30 am	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:25 am - 12:25 pm	Body Balance	Livewell Studio	Zoe	all levels
11:30 am - 12:00 pm	MyRide World Tour	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
1:00 pm - 1:30 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
4:00 pm - 5:00 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:15 pm - 5:00 pm	Junior Fitness	Gym	Gym Team	teen
5:15 pm - 5:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:00 pm - 6:45 pm	Freedom Interval Training	Energy Studio	Helen S	all levels
6:00 pm - 6:45 pm	Dance Fitness	Livewell Studio	Rosie	all levels

Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Rick	all levels
6:50 pm - 7:50 pm	Body Attack	Energy Studio	Adrian	advanced
6:50 pm - 7:50 pm	Supple Strength	Livewell Studio	Helen S	all levels
7:00 pm - 7:45 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
7:55 pm - 8:55 pm	Body Pump	Energy Studio	Adrian	all levels
7:55 pm - 8:55 pm	Fitness Pilates	Livewell Studio	Gemma	all levels