

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 21/09/2024

Times for Thursday 4 April



| Time | Session | Facility | Instructor | Level |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 6:15 am - 6:45 am | Synrgy Circuits | Gym | Gym Team | |
| 7:00 am - 7:45 am | Body Pump | Energy Studio | Laura | all levels |
| 7:50 am - 8:35 am | Body Combat | Energy Studio | Laura | |
| 8:00 am - 8:30 am | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:15 am - 9:10 am | Pilates | Livewell Studio | Zoe | all levels |
| 9:15 am - 10:10 am | FIT | Energy Studio | Mel | |
| 9:15 am - 10:15 am | Vinyasa Yoga | Livewell Studio | Zoe | all levels |
| 9:30 am - 10:00 am | Ride Colour | Ride Indoor Cycling Studio | Andrea | |
| 10:15 am - 11:00 am | Total Body Conditioning | Energy Studio | Emma G | all levels |
| 10:20 am - 11:05 am | Dance-Fit | Livewell Studio | Mariangela | |
| 10:30 am - 11:15 am | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:10 am - 11:40 am | Complete Core | Livewell Studio | Mariangela | |
| 11:10 am - 12:05 pm | Body Balance | Energy Studio | Zoe | |
| 11:30 am - 12:20 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | |
| 11:45 am - 12:30 pm | Flex & Stretch | Livewell Studio | Mariangela | |
| 12:30 pm - 1:00 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:30 pm - 1:30 pm | Burn-Tone-Stretch | Energy Studio | Natalie | |
| 1:00 pm - 2:00 pm | Yoga Gentle | Livewell Studio | Nicola C | |
| 1:30 pm - 2:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:05 pm - 3:00 pm | Pilates | Livewell Studio | Zoe | |
| 2:30 pm - 3:20 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |

| Time | Session | Facility | Instructor | Level |
|-------------------|---------------------------|----------------------------|-------------------|--------------|
| 3:30 pm - 4:15 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:30 pm - 5:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 5:45 pm - 6:30 pm | Total Body Conditioning | Livewell Studio | H | |
| 5:45 pm - 6:30 pm | Body Attack | Energy Studio | Meg | |
| 6:00 pm - 6:30 pm | Synrgy Circuits | Gym | Gym Team | all levels |
| 6:15 pm - 7:15 pm | Ride Vista | Ride Indoor Cycling Studio | Jenny S | all levels |
| 6:35 pm - 7:25 pm | Body Step | Energy Studio | Adrian | all levels |
| 6:35 pm - 7:30 pm | Fitness Pilates | Livewell Studio | H | all levels |
| 7:00 pm - 8:30 pm | Tennis Adult Intermediate | Indoor Tennis Court | | |
| 7:35 pm - 8:30 pm | Body Balance | Livewell Studio | H | all levels |
| 7:35 pm - 8:35 pm | Body Pump | Energy Studio | Adrian | all levels |
| 8:30 pm - 9:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |