

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 17/05/2025

Times for Wednesday 25 November



| Time | Session | Facility | Instructor | Level |
|---------------------|--------------------------------|----------------------------|---------------|------------|
| 6:30 am - 7:15 am | Synrgy Circuits | Indoor Tennis Court | Ricky G | all levels |
| 7:30 am - 8:01 am | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:30 am - 9:02 am | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:00 am | Body Pump | Energy Studio | Zoe | all levels |
| 9:30 am - 10:15 am | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Jenny S | all levels |
| 10:15 am - 11:00 am | Body Step | Energy Studio | Zoe | all levels |
| 10:30 am - 11:15 am | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:15 am - 12:00 pm | Body Balance | Energy Studio | Zoe | all levels |
| 11:30 am - 12:21 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:30 pm - 1:02 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:30 pm - 2:02 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:30 pm - 3:23 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 3:30 pm - 4:15 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:30 pm - 4:58 pm | MyRide World Tour | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 5:30 pm - 6:15 pm | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Emma G | all levels |
| 5:45 pm - 6:30 pm | Totally Shredded | Energy Studio | Abbi | all levels |
| 5:45 pm - 6:45 pm | Hatha Yoga | Livewell Studio | Anne | all levels |
| 6:30 pm - 7:15 pm | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Emma G | all levels |
| 6:45 pm - 7:30 pm | Body Pump | Energy Studio | Leah | all levels |
| 7:00 pm - 8:00 pm | Pilates | Livewell Studio | Gemma | all levels |
| 7:30 pm - 8:02 pm | MyRide Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |