

# Ride Indoor Cycling Timetable

## Withdean Sports Complex

Accurate as of 25/04/2024

### Times for Thursday 26 November



| Time                | Session                        | Facility                   | Instructor    | Level      |
|---------------------|--------------------------------|----------------------------|---------------|------------|
| 7:15 am - 8:13 am   | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:15 am - 9:10 am   | Pilates                        | Livewell Studio            | Zoe           | all levels |
| 8:30 am - 9:02 am   | MyRide Coach                   | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:15 am - 10:00 am  | Total Body Workout             | Indoor Tennis Court        | Emma G        | all levels |
| 9:30 am - 10:15 am  | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 9:30 am - 10:15 am  | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Dom           | all levels |
| 9:30 am - 10:30 am  | Power Yoga                     | Training Centre            | Zoe           | all levels |
| 10:15 am - 11:00 am | Core Flex                      | Livewell Studio            | Leah          | all levels |
| 10:30 am - 11:15 am | MyRide Coach                   | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 11:30 am - 12:23 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 - 1:58 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 - 4:57 pm   | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 5:45 pm - 6:30 pm   | Freedom Indoor Cycling         | Ride Indoor Cycling Studio | Tatiana       | all levels |
| 6:30 pm - 7:15 pm   | Pilates                        | Training Centre            | Helen S       | all levels |
| 6:45 pm - 7:30 pm   | Body Step                      | Energy Studio              | Adrian        | all levels |
| 6:45 pm - 7:30 pm   | Coach by Colour Indoor Cycling | Ride Indoor Cycling Studio | Tatiana       | all levels |
| 8:15 pm - 9:00 pm   | MyRide World Tour              | Ride Indoor Cycling Studio | Virtual coach | all levels |