

# Ride Indoor Cycling Timetable

## Withdean Sports Complex

Accurate as of 02/05/2024

Times for Sunday 29 November				
Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:00 am - 9:45 am	Body Combat	Indoor Tennis Court	Ali	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Gary	all levels
10:00 am - 10:45 am	Body Pump	Energy Studio	Ali	all levels
11:00 am - 12:00 pm	Body Balance	Energy Studio	Ali	all levels
11:30 am - 12:15 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 3:23 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels