

# Ride Indoor Cycling Timetable

## Withdean Sports Complex

Accurate as of 26/04/2024

### Times for Monday 30 November



| Time                | Session                | Facility                   | Instructor    | Level      |
|---------------------|------------------------|----------------------------|---------------|------------|
| 7:30 am - 8:02 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  | Shredded               | Energy Studio              | Roxy          | all levels |
| 9:30 am - 10:15 am  | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Elle          | all levels |
| 9:30 am - 10:30 am  | Hatha Yoga             | Training Centre            | Nicola C      | all levels |
| 10:15 am - 11:00 am | Supple Strength        | Indoor Tennis Court        | Helen S       | all levels |
| 10:30 am - 11:15 am | MyRide World Tour      | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 10:45 am - 11:45 am | Pilates                | Training Centre            | 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 - 1:57 pm   | MyRide World Tour      | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:10 pm - 3:10 pm   | Forever Active         | Energy Studio              | Wendy         | all levels |
| 2:30 pm - 3:21 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 |
| 5:45 pm - 6:30 pm   | Body Attack            | Energy Studio              | Meg           | all levels |
| 6:00 pm - 7:00 pm   | Pilates                | Training Centre            | Anne          | all levels |
| 6:15 pm - 7:00 pm   | Freedom Indoor Cycling | Ride Indoor Cycling Studio | Ross          | all levels |
| 6:35 pm - 7:30 pm   | Body Pump              | Energy Studio              | Zoe           | all levels |
| 7:15 pm - 8:15 pm   | Yoga Flow              | Training Centre            | Anne          | all levels |
| 7:45 pm - 8:30 pm   | Freedom Circuits       | Indoor Tennis Court        | Emma E        | all levels |