

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 05/05/2024

Times for Saturday 5 December



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 Pump	Indoor Tennis Court	Leah	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	Zumba	Energy Studio	Lawrence	all levels
10:30 am - 11:15 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Jenny S	all levels
11:30 am - 12:15 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:30 am - 12:30 pm	Yoga Flow	Livewell Studio	Anne	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