

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 20/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	
7:00 am - 7:45 am	Body Pump	Energy Studio	Bea	
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	
8:15 am - 9:10 am	Body Balance	Energy Studio	H	all levels
8:15 am - 9:10 am	Pilates	Livewell Studio	Molly	
9:15 am - 10:00 am	FIT	Energy Studio	H	all levels
9:15 am - 10:15 am	Sun Power Yoga	Livewell Studio	Michele	all levels
9:30 am - 10:15 am	Ride Colour	Ride Indoor Cycling Studio	Leah	all levels
10:05 am - 11:05 am	Body Pump	Energy Studio	H	all levels
10:20 am - 11:20 am	Somatics Yoga	Livewell Studio	Michele	all levels
10:30 am - 11:15 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:15 am - 12:00 pm	Dance-Fit	Energy Studio	Silvia	
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:30 am - 12:30 pm	Pilates	Livewell Studio	Diana	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:35 pm - 1:20 pm	Shapes	Energy Studio	Molly	
12:45 pm - 1:45 pm	Vinyasa Yoga	Livewell Studio	Tania	
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:00 pm - 3:00 pm	Yoga Gentle	Livewell Studio	Nicola C	
2:30 pm - 3:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:15 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels

Time	Session	Facility	Instructor	Level
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
5:10 pm - 5:40 pm	Complete Core	Livewell Studio	Gemma	
5:10 pm - 5:55 pm	Ride Vista	Ride Indoor Cycling Studio	Emma G	all levels
5:45 pm - 6:30 pm	Body Combat	Energy Studio	Sarah-Jane	all levels
5:45 pm - 6:30 pm	Zumba	Livewell Studio	Rosie	
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:15 pm - 6:45 pm	Ride Colour Base Fitness	Ride Indoor Cycling Studio	Tatiana	all levels
6:35 pm - 7:20 pm	FIT	Energy Studio	Emma G	all levels
6:35 pm - 7:20 pm	Body Balance	Livewell Studio	Elle	all levels
7:30 pm - 8:15 pm	Body Pump	Energy Studio	Elle	
7:30 pm - 8:30 pm	Pilates	Livewell Studio	John	all levels
8:20 pm - 9:05 pm	Strength Development	Energy Studio	Russ	
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:35 pm - 9:35 pm	Slow Flow Yoga	Livewell Studio	Rosie	