

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 20/05/2024

Times for Wednesday 24 April



| Time | Session | Facility | Instructor | Level |
|---------------------|---------------------------|----------------------------|---------------|------------|
| 6:15 am - 6:45 am | Synrgy Circuits | Gym | Gym Team | |
| 7:00 am - 7:30 am | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 7:00 am - 7:45 am | Body Combat | Energy Studio | Nathan | |
| 8:00 am - 8:30 am | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 8:00 am - 8:45 am | Supple Strength | Livewell Studio | Nicola C | |
| 8:15 am - 9:00 am | Shapes | Energy Studio | Leah | |
| 9:00 am - 10:00 am | Yoga Flow | Livewell Studio | Wendy | all levels |
| 9:10 am - 9:55 am | Ride Vista | Ride Indoor Cycling Studio | Jenny S | all levels |
| 9:15 am - 10:00 am | Body Pump | Energy Studio | Adrian | |
| 9:30 am - 10:00 am | Synrgy Circuits | Gym | Gym Team | all levels |
| 10:05 am - 11:05 am | Pilates | Livewell Studio | Wendy | all levels |
| 10:10 am - 11:00 am | Body Step | Energy Studio | Adrian | |
| 11:10 am - 12:05 pm | Body Balance | Energy Studio | Leah | |
| 11:15 am - 11:45 am | Complete Core | Livewell Studio | Charlene | |
| 11:30 am - 12:20 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 12:15 pm - 1:00 pm | Body Pump | Energy Studio | Charlene | |
| 12:30 pm - 1:00 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 1:15 pm - 2:00 pm | Flex & Stretch | Livewell Studio | H | |
| 1:15 pm - 2:15 pm | Forever Active | Energy Studio | Emma O | |
| 1:30 pm - 2:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 2:30 pm - 3:20 pm | Ride Virtual Studio Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |

| Time | Session | Facility | Instructor | Level |
|-------------------|-------------------------|----------------------------|-------------------|--------------|
| 3:30 pm - 4:15 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 4:30 pm - 5:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |
| 5:10 pm - 5:40 pm | Zumba | Energy Studio | Mandy P | |
| 5:15 pm - 5:45 pm | Ride Podium | Ride Indoor Cycling Studio | Emma G | all levels |
| 5:30 pm - 6:30 pm | Hatha Yoga | Livewell Studio | Mariangela | all levels |
| 5:45 pm - 6:30 pm | Totally Shredded | Energy Studio | Abbi | all levels |
| 6:00 pm - 6:30 pm | Synrgy Circuits | Gym | Gym Team | all levels |
| 6:00 pm - 6:45 pm | Ride Vista | Ride Indoor Cycling Studio | Emma G | all levels |
| 6:35 pm - 7:35 pm | Pilates | Livewell Studio | Gemma | all levels |
| 6:35 pm - 7:35 pm | Body Pump | Energy Studio | Leah | |
| 7:40 pm - 8:25 pm | Supple Strength | Livewell Studio | Gemma | |
| 8:30 pm - 9:00 pm | Ride Virtual Tour Coach | Ride Indoor Cycling Studio | Virtual coach | all levels |