

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 08/05/2024

Times for Wednesday 1 May



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	Wendy	
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	Zoe	all levels
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	Zoe	all levels
11:10 am - 12:05 pm	Body Balance	Energy Studio	Zoe	all levels
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