

Ride Indoor Cycling Timetable

Withdean Sports Complex

Accurate as of 20/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor	Level
6:15 am - 6:45 am	Synrgy Circuits	Gym	Gym Team	all levels
7:00 am - 7:30 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
7:00 am - 8:00 am	Hatha Yoga	Livewell Studio	Gareth	
7:45 am - 8:40 am	Body Combat	Energy Studio	Ali	all levels
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:05 am - 9:00 am	Pilates	Livewell Studio	Gareth	
8:50 am - 9:50 am	FIT	Energy Studio	Mel	all levels
9:10 am - 9:55 am	Ride Colour	Ride Indoor Cycling Studio	Gary	all levels
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels
9:30 am - 10:25 am	Body Balance	Livewell Studio	Leah	all levels
9:55 am - 10:30 am	Totally Shredded	Energy Studio	Abbi	
10:10 am - 10:55 am	Ride Vista	Ride Indoor Cycling Studio	Gary	all levels
10:30 am - 11:30 am	Yin Yoga	Livewell Studio	Tania	
10:35 am - 11:35 am	Body Pump	Energy Studio	Leah	all levels
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:40 am - 12:40 pm	Yang/Yin Release	Livewell Studio	Tania	
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:40 pm - 1:40 pm	Pilates	Energy Studio	Wendy	all levels
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:45 pm - 2:45 pm	Forever Active	Energy Studio	Wendy	
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
5:15 pm - 6:00 pm	Body Pump	Energy Studio	Sallie	
5:30 pm - 6:15 pm	Ride Colour	Ride Indoor Cycling Studio	Tatiana	all levels
5:30 pm - 6:25 pm	Body Balance	Livewell Studio	Ali	all levels
6:10 pm - 6:55 pm	Body Combat	Energy Studio	Sallie	all levels
6:30 pm - 7:30 pm	Vinyasa Yoga	Livewell Studio	Hannah S	
7:00 pm - 7:45 pm	Shapes	Energy Studio	Sallie	
7:30 pm - 8:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels