Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/10/2024

Times for Friday 30 October

Time	Session	Facility	Instructor	Level
6:45 am - 7:30 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Gary	all levels
7:30 am - 8:02 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 am - 9:02 am	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
9:15 am - 10:00 am	FIT	Indoor Tennis Court	Mel	all levels
9:25 am - 10:10 am	Body Balance	Training Centre	Elle	all levels
9:30 am - 10:15 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Georgie	all levels
10:20 am - 11:05 am	Body Pump	Indoor Tennis Court	Elle	all levels
10:30 am - 11:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:00 am - 12:00 pm	Yin Yoga	Livewell Studio	Anne	all levels
11:30 am - 12:21 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:30 pm - 1:57 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 3:20 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:15 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
4:30 pm - 4:57 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
5:10 pm - 6:05 pm	Body Balance	Livewell Studio	Ali	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Ross	all levels
6:10 pm - 6:55 pm	Body Combat	Energy Studio	Sallie	all levels
7:30 pm - 8:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels