Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/10/2024

Times for Monday 2 November

Time	Session	Facility	Instructor	Level
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	Shredded	Energy Studio	Roxy	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Elle	all levels
9:30 am - 10:30 am	Hatha Yoga	Training Centre	Nicola C	all levels
10:15 am - 11:00 am	Supple Strength	Indoor Tennis Court	Helen S	all levels
10:30 am - 11:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
10:45 am - 11:45 am	Pilates	Training Centre	Zoe	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
2:10 pm - 3:10 pm	Forever Active	Energy Studio	Wendy	all levels
2:30 pm - 3:21 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 - 4:58 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
5:45 pm - 6:30 pm	Body Attack	Energy Studio	Meg	all levels
6:00 pm - 7:00 pm	Pilates	Training Centre	Anne	all levels
6:15 pm - 7:00 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Ross	all levels
6:35 pm - 7:30 pm	Body Pump	Energy Studio	Zoe	all levels
7:15 pm - 8:15 pm	Yoga Flow	Training Centre	Anne	all levels
7:45 pm - 8:30 pm	Freedom Circuits	Indoor Tennis Court	Emma E	all levels