

# Group Exercise Timetable

## Withdean Sports Complex

Accurate as of 27/04/2024

### Times for Tuesday 3 November



Time	Session	Facility	Instructor	Level
7:15 am - 8:12 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
8:15 am - 9:00 am	Body Balance	Training Centre	Helen S	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	Energy Studio	H	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Leah	all levels
9:30 am - 10:30 am	Sun Power Yoga	Livewell Studio	Michele	all levels
9:30 am - 11:00 am	Tennis Adult Intermediate	Indoor Tennis Court		
10:15 am - 11:00 am	Body Pump	Energy Studio	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	Somatics Yoga	Livewell Studio	Michele	all levels
11:30 am - 12:23 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 - 1:58 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 3:23 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
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Lynn	all levels
5:45 pm - 6:30 pm	Body Combat	Energy Studio	Sarah-Jane	all levels
6:30 pm - 7:15 pm	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Lynn	all levels
6:30 pm - 8:00 pm	Tennis Adult Drills Advanced	Indoor Tennis Court		
6:45 pm - 7:30 pm	Total Body Workout	Energy Studio	Emma G	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
7:15 pm - 8:15 pm	Body Balance	Training Centre	Leah	all levels
7:30 pm - 8:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
8:30 pm - 9:30 pm	Hatha Yoga	Energy Studio	Gareth	all levels