

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 04/05/2024

Times for Thursday 5 November



Time	Session	Facility	Instructor	Level
7:15 am - 8:13 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
8:15 am - 9:10 am	Pilates	Livewell Studio	Zoe	all levels
8:30 am - 9:02 am	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
9:15 am - 10:00 am	Total Body Workout	Indoor Tennis Court	Emma G	all levels
9:30 am - 10:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:30 am - 10:15 am	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Dom	all levels
9:30 am - 10:30 am	Power Yoga	Training Centre	Zoe	all levels
10:15 am - 11:00 am	Core Flex	Livewell Studio	Leah	all levels
10:30 am - 11:15 am	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	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 - 4:57 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Tatiana	all levels
6:30 pm - 7:15 pm	Pilates	Training Centre	Helen S	all levels
6:45 pm - 7:30 pm	Body Step	Energy Studio	Adrian	all levels
6:45 pm - 7:30 pm	Coach by Colour Indoor Cycling	Ride Indoor Cycling Studio	Tatiana	all levels
8:15 pm - 9:00 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels