

Group Exercise Timetable

Withdean Sports Complex

Accurate as of 04/05/2024

Times for Sunday 8 November



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
9:00 am - 9:45 am	Body Combat	Indoor Tennis Court	Ali	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Ride Indoor Cycling Studio	Gary	all levels
10:00 am - 10:45 am	Body Pump	Energy Studio	Ali	all levels
10:00 am - 11:30 am	Tennis Adult Beginners/Improvers	Indoor Tennis Court		
11:00 am - 12:00 pm	Body Balance	Energy Studio	Ali	all levels
11:30 am - 12:15 pm	MyRide World Tour	Ride Indoor Cycling Studio	Virtual coach	all levels
11:30 am - 12:30 pm	Tennis Mini Red 1	Indoor Tennis Court		
12:30 pm - 1:02 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
12:30 pm - 1:30 pm	Tennis Mini Orange 2	Indoor Tennis Court		
2:30 pm - 3:23 pm	MyRide Coach	Ride Indoor Cycling Studio	Virtual coach	all levels