


Group Exercise Timetable

Withdean Sports Complex

Accurate as of 30/04/2024

Times for Sunday 24 October					
Time	Session	Facility	Instructor	Level	
8:15 am - 8:45 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels	
9:00 am - 10:00 am	Ride Vista	Ride Indoor Cycling Studio	Gary	all levels	
9:30 am - 10:00 am	Synrgy Circuits	Gym	Gym Team	all levels	
10:00 am - 11:30 am	Tennis Adult Beginners/Improvers	Indoor Tennis Court			
10:15 am - 11:00 am	Ride Colour	Ride Indoor Cycling Studio	Gary	all levels	
11:30 am - 12:30 pm	Tennis Mini Red 1	Indoor Tennis Court			
12:00 pm - 12:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels	
12:30 pm - 1:30 pm	Tennis Mini Orange 2	Indoor Tennis Court			
1:00 pm - 1:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels	
2:00 pm - 2:45 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels	
3:00 pm - 3:30 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels	