

# Cripps Studio Timetable

## Cripps Recreation Centre

Accurate as of 19/04/2024

### Times for Monday 18 December



Time	Session	Facility	Instructor
07:00 - 07:20	True Grit	MyRide Virtual	
09:30 - 10:00	Studio Cycle	MyRide Virtual	
10:00 - 10:45	Aqua 14+	Pool	
18:30 - 19:00	Armageddon	MyRide Virtual	
19:30 - 20:30	Studio Cycle	MyRide Virtual	