

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 23/04/2024

Times for Tuesday 19 December



Time	Session	Facility	Instructor
09:30 - 10:25	Studio Cycle	MyRide Virtual	
17:00 - 18:00	Tour Cycle	MyRide Virtual	
20:00 - 20:45	Aqua Aerobics (Shallow & Deep Classes) 14+	Pool	
20:15 - 20:45	Tour Cycle	MyRide Virtual	