

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 17/05/2025

Times for Thursday 22 March



Time	Session	Facility	Instructor
07:00 - 07:20	True Grit	MyRide Virtual	
10:00 - 10:45	Tour Cycle	MyRide Virtual	
12:10 - 12:30	Running Man	Functional Gym	
16:00 - 17:00	Studio Coach	MyRide Virtual	
17:30 - 17:50	Iron Man	MyRide Virtual	
18:00 - 19:00	Tour Coach	MyRide Virtual	
19:15 - 20:00	MyRide Coach By Colour	MyRide Live	Steve
20:15 - 20:50	Studio Coach	MyRide Virtual	