

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 19/04/2024

Times for Saturday 24 March



Time	Session	Facility	Instructor
08:10 - 08:30	Running Man	MyRide Virtual	
08:40 - 09:05	Iron Man	MyRide Live	
09:10 - 09:30	True Grit	MyRide Virtual	
10:00 - 11:00	Tour Coach	MyRide Virtual	
11:00 - 11:20	Studio Cycle	MyRide Virtual	
12:00 - 12:30	Tour Coach	MyRide Virtual	
13:00 - 13:20	True Grit	MyRide Virtual	
13:25 - 14:00	Running Man	MyRide Virtual	
14:00 - 14:20	Iron Man	MyRide Virtual	
15:00 - 15:45	Studio Cycle	MyRide Virtual	