

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 19/04/2024

Times for Sunday 25 March



Time	Session	Facility	Instructor
08:10 - 09:00	Studio Coach	MyRide Virtual	
09:15 - 09:45	Tour Coach	MyRide Virtual	
10:00 - 11:00	MyRide Live	MyRide Live	Tony
11:30 - 11:50	Iron Man	MyRide Virtual	
12:00 - 12:20	True Grit	MyRide Virtual	
12:30 - 12:50	Running Man	MyRide Virtual	
13:00 - 13:20	Studio Coach	MyRide Virtual	
14:00 - 14:55	Tour Coach	MyRide Virtual	
15:00 - 15:35	Studio Coach	MyRide Virtual	
16:00 - 16:35	Tour Coach	MyRide Virtual	