Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 28/04/2024

Times for Monday 26 March

Time	Session	Facility	Instructor
07:00 - 07:20	True Grit	MyRide Virtual	
09:30 - 10:20	Studio Coach	MyRide Virtual	
12:10 - 12:40	Tour Coach	MyRide Virtual	
13:00 - 13:20	H.I.I.T 20	Functional Gym	Gym Instructor
16:30 - 16:50	Running Man	MyRide Virtual	
19:00 - 19:20	Iron Man	MyRide Virtual	
19:30 - 20:30	INSANITY 14+	Function Hall	Tak
20:00 - 20:35	Studio Coach	MyRide Virtual	