

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 27/04/2024

Times for Wednesday 28 March



Time	Session	Facility	Instructor
07:00 - 07:20	Running Man	MyRide Virtual	
09:30 - 10:00	Studio Cycle	MyRide Virtual	
12:10 - 12:45	Iron Man	MyRide Virtual	
13:00 - 13:20	Body Blast	Functional Gym	Gym Instructor
16:30 - 16:55	Tour Coach	MyRide Virtual	
17:00 - 17:45	Tour Coach	MyRide Virtual	
18:30 - 18:50	H.I.I.T 20	Functional Gym	
19:30 - 19:50	True Grit	MyRide Virtual	
20:00 - 21:00	Studio Coach	MyRide Virtual	