

# Cripps Studio Timetable

## Cripps Recreation Centre

Accurate as of 30/04/2024

### Times for Thursday 29 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	Gym Instructor
16:00 - 17:00	Studio Coach	MyRide Virtual	
17:30 - 17:50	Iron Man	MyRide Virtual	
18:00 - 19:00	Tour Cycle	MyRide Virtual	
19:15 - 20:00	MyRide Coach By Colour	MyRide Live	Steve
20:15 - 20:50	Studio Coach	MyRide Virtual	