

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 06/05/2024

Times for Friday 30 March



Time	Session	Facility	Instructor
07:00 - 07:20	Iron Man	MyRide Virtual	
09:30 - 09:50	Studio Cycle	MyRide Virtual	
12:10 - 12:30	True Grit	MyRide Virtual	
13:00 - 13:20	Body Blast	Functional Gym	Gym Instructor