Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 26/04/2024

Times for Friday 20 July

Time	Session	Facility	Instructor
07:00 - 07:20	True Grit	MyRide Virtual	
08:00 - 08:45	Tour Cycle	MyRide Virtual	
09:30 - 10:00	Studio Cycle	MyRide Virtual	
17:00 - 18:00	Tour Cycle	MyRide Virtual	
18:00 - 19:00	Advanced Yoga	Functional Gym	Kasia - Wellbeing Studio
18:30 - 19:30	Studio Cycle	MyRide Virtual	
20:00 - 20:30	Studio Cycle	MyRide Virtual	