

# Cripps Studio Timetable

## Cripps Recreation Centre

Accurate as of 03/05/2024

### Times for Monday 14 January



| 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 |            |
| 18:30 - 19:00 | Armageddon   | MyRide Virtual |            |
| 19:30 - 20:30 | Studio Cycle | MyRide Virtual |            |