

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor
07:00 - 07:20	True Grit	MyRide Virtual	
07:00 - 07:20	Engine Burners	Functional Gym	Fitness Instructor
08:00 - 08:45	Tour Cycle	MyRide Virtual	
09:30 - 10:00	Studio Cycle	MyRide Virtual	
11:30 - 12:00	Fast & Furious	MyRide Virtual	
13:00 - 13:20	Iron Man	MyRide Virtual	
14:00 - 14:45	Tour Cycle	MyRide Virtual	
15:30 - 16:00	Studio Cycle	MyRide Virtual	
17:00 - 18:00	Tour Cycle	MyRide Virtual	
18:30 - 19:00	Armageddon	MyRide Virtual	
18:30 - 19:30	Pilates 14+	Cripps Recreation Centre	Anne - in Wellbeing Studio
19:00 - 19:20	Engine Burners	Functional Gym	Fitness Instructor
19:30 - 20:30	Studio Cycle	MyRide Virtual	