

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 19/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor
07:00 - 07:20	Greenzone	MyRide Virtual	
08:00 - 08:45	Tour Cycle	MyRide Virtual	
09:30 - 10:25	Studio Cycle	MyRide Virtual	
11:30 - 12:00	Gladiator	MyRide Virtual	
12:00 - 13:00	Beginners yoga	Gym	Lynn
13:00 - 13:20	Driller Killer	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	
18:00 - 19:00	Balance and Strength	Functional Gym	Isabela - Wellbeing Studio
19:00 - 19:20	Booty camp	Gym	Fitness Instructor
19:00 - 20:00	MyRide Live	MyRide Live	Tony
20:15 - 20:45	Tour Cycle	MyRide Virtual	