Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Instructor
07:00 - 07:20	Fight Club	MyRide Virtual	
08:00 - 08:45	Tour Cycle	MyRide Virtual	
09:30 - 10:00	Studio Cycle	MyRide Virtual	
11:30 - 12:00	Driller Killer	MyRide Virtual	
12:15 - 12:35	One More Rep	Functional Gym	Fitness Instructor
13:00 - 13:20	Gladiator	MyRide Virtual	
14:00 - 14:45	Tour Cycle	MyRide Virtual	
15:00 - 16:00	Yoga 14+	Cripps Recreation Centre	Lynn - Wellbeing Studio
15:30 - 16:00	Studio Cycle	MyRide Virtual	
17:00 - 18:00	Tour Cycle	MyRide Virtual	
17:30 - 17:50	One More Rep	Functional Gym	Fitness Instructor
17:45 - 18:45	Tai Chi 14+	Function Hall	Nick
19:30 - 20:00	Fast & Furious	MyRide Virtual	
20:00 - 20:45	Tour Cycle	MyRide Virtual	