

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 19/05/2024

Times for Friday 3 May



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	
11:30 - 12:00	Gone in 60 Seconds	MyRide Virtual	
12:00 - 13:00	Gentle Yoga	Functional Gym	Sue - Wellbeing Studio
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	
17:00 - 18:00	Beginners yoga	Cripps Recreation Centre	Kasia - Wellbeing Studio
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	