

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 15/05/2024

Times for Thursday 28 March



Time	Session	Facility	Instructor
07:00 - 07:20	All that Jazz	MyRide Virtual	
07:00 - 07:20	Booty camp	Gym	Fitness Instructor
08:00 - 08:45	Tour Cycle	MyRide Virtual	
09:30 - 10:20	Studio Cycle	MyRide Virtual	
11:30 - 12:00	Iron Man	MyRide Virtual	
12:15 - 12:35	Absolute Abs	Gym	Fitness Instructor
13:00 - 13:20	Grindhouse	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 - 18:20	Absolute Abs	Gym	Fitness Instructor
19:30 - 20:00	Gone in 60 Seconds	MyRide Virtual	
20:00 - 20:45	Tour Cycle	MyRide Virtual	