## **Cripps Studio Timetable Cripps Recreation Centre**

Accurate as of 09/04/2024

Times for Friday 29 March			
Time	Session	Facility	Instructor
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