

Cripps Studio Timetable

Cripps Recreation Centre

Accurate as of 01/05/2024

Times for Saturday 30 March



Time	Session	Facility	Instructor
09:00 - 09:20	Bootcamp	Functional Gym	Fitness Instructor
10:00 - 11:00	Studio Cycle	MyRide Virtual	
12:00 - 12:45	Tour Cycle	MyRide Virtual	
13:00 - 13:20	Fight Club	MyRide Virtual	
13:00 - 13:20	Bootcamp	Functional Gym	Fitness Instructor
14:00 - 15:00	Tour Cycle	MyRide Virtual	