

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 19/04/2024

Times for Thursday 24 January



Time	Session
09:30 - 10:30	Yogalates
11:00 - 12:00	Low Circuit
11:00 - 13:00	Racket Sports
11:00 - 13:00	Racket Sports
16:45 - 17:15	CXWORX
17:15 - 18:00	BODYCOMBAT
18:15 - 19:00	Body Pump®
18:30 - 19:15	Couch to 5k Run Group
19:15 - 20:15	Yoga