

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 03/05/2024

Times for Monday 18 March



| Time | Session |
|---------------|--------------------|
| 06:45 - 07:15 | SPRINT (virtual) |
| 09:15 - 10:15 | Low Aerobics |
| 09:30 - 10:30 | RPM |
| 14:00 - 14:45 | RPM (Virtual) |
| 17:00 - 17:30 | CXWORX |
| 17:30 - 18:00 | SPRINT (virtual) |
| 17:30 - 18:15 | Body Attack |
| 18:30 - 19:30 | Aeromix (14yrs+) |
| 18:45 - 19:30 | RPM |
| 19:30 - 20:15 | BODYPUMP (Virtual) |