Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/04/2024

Times for Monday 25 March

Time	Session
06:45 - 07:15	SPRINT (virtual)
09:15 - 10:15	Low Aerobics
09:30 - 10:30	RPM
12:00 - 13:00	Indoor Bowls
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)