

# Robin Park Sports Centre: Exercise classes

## Robin Park Leisure Centre

Accurate as of 02/05/2024

### Times for Thursday 16 May



| Time          | Session               |
|---------------|-----------------------|
| 08:00 - 08:45 | RPM (Virtual)         |
| 09:30 - 10:30 | Yogalates             |
| 10:30 - 11:15 | RPM (Virtual)         |
| 11:00 - 12:00 | Low Circuit           |
| 11:00 - 13:00 | Racket Sports         |
| 16:00 - 16:30 | SPRINT (virtual)      |
| 16:45 - 17:15 | CXWORX                |
| 17:15 - 18:00 | BODYCOMBAT            |
| 17:30 - 18:15 | RPM                   |
| 18:15 - 19:00 | Body Pump®            |
| 18:30 - 19:15 | Couch to 5k Run Group |
| 18:30 - 19:15 | RPM (Virtual)         |
| 19:15 - 20:15 | Yoga                  |
| 19:45 - 20:30 | RPM (Virtual)         |