Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Friday 24 May

Time	Session
06:45 - 07:15	SPRINT (virtual)
07:00 - 07:30	TeamBeats
08:30 - 09:15	RPM (Virtual)
10:00 - 10:45	Couch to 5k Run Group
10:00 - 10:45	RPM (Virtual)
11:15 - 12:15	Low Aerobics
12:00 - 12:30	SPRINT (virtual)
14:00 - 14:45	RPM (Virtual)
17:00 - 17:45	RPM (Virtual)
18:00 - 18:30	SPRINT (virtual)
20:00 - 21:00	Cardio Tennis