Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 3 July

Time	Session
06:30 - 07:15	BODYPUMP (Virtual)
06:45 - 07:15	SPRINT (virtual)
07:00 - 07:30	Low TeamBeats
09:30 - 10:15	RPM (Virtual)
09:45 - 10:45	Low Aerobics
12:00 - 12:30	SPRINT (virtual)
12:00 - 12:30	TeamBeats
13:30 - 14:30	Pilates
17:15 - 18:00	Battle Fit
17:30 - 18:15	RPM (Virtual)
17:30 - 19:00	No Strings Badminton
18:00 - 19:00	Body Attack
18:00 - 19:30	Basketball
19:00 - 19:45	RPM
19:15 - 20:00	Zumba (14yrs+)
20:00 - 20:30	SPRINT (virtual)
20:00 - 21:00	Cardio Tennis