

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 29/04/2024

Times for Saturday 6 July



Time	Session
08:00 - 08:45	Body Pump®
08:30 - 09:15	RPM
08:45 - 09:15	TeamBeats
09:30 - 10:00	SPRINT (virtual)
09:30 - 10:30	Circuits
10:30 - 11:15	RPM (Virtual)
11:15 - 12:00	Body Attack
13:00 - 13:30	SPRINT (virtual)