Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 21 September

Time	Session
07:45 - 08:15	GRIT Virtual Cardio
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
09:45 - 10:30	BODYCOMBAT
10:30 - 11:15	RPM (Virtual)
11:15 - 12:00	Body Attack
13:00 - 13:30	SPRINT (virtual)
13:00 - 13:45	SH'BAM (Virtual)
14:00 - 15:00	BODYPUMP (Virtual)