

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 23/04/2024

Times for Monday 23 September



Time	Session
06:45 - 07:15	SPRINT (virtual)
06:45 - 07:15	GRIT Strength - Virtual
07:00 - 07:30	TeamBeats
08:00 - 09:00	BODYBALANCE (Virtual)
09:15 - 10:15	Low Aerobics
09:30 - 10:15	BODYPUMP (Virtual)
09:30 - 10:30	RPM
10:30 - 11:30	Tai Chi
12:00 - 13:00	Indoor Bowls
12:15 - 12:45	GRIT Virtual Cardio
12:30 - 13:00	TeamBeats
14:00 - 14:45	RPM (Virtual)
15:15 - 15:45	BARRE Virtual
16:00 - 17:00	BODYBALANCE (Virtual)
17:00 - 17:30	CXWORX
17:30 - 18:00	SPRINT (virtual)
17:30 - 18:15	Body Attack
18:15 - 19:00	Battle Fit
18:30 - 19:30	Aeromix (14yrs+)
18:45 - 19:30	RPM
19:30 - 20:15	BODYPUMP (Virtual)