Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Friday 15 November

Time	Session
06:45 - 07:15	SPRINT (virtual)
06:45 - 07:30	BODYPUMP (Virtual)
07:00 - 07:30	TeamBeats
07:45 - 08:15	GRIT Athletic - Virtual
08:30 - 09:15	RPM (Virtual)
09:30 - 10:15	BODYPUMP (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)
12:00 - 12:30	TeamBeats
13:00 - 14:00	BODYBALANCE (Virtual)
14:00 - 14:45	RPM (Virtual)
15:00 - 16:00	BODYCOMBAT (Virtual)
16:30 - 17:00	BODYBALANCE (Virtual)
17:00 - 17:45	RPM (Virtual)
17:30 - 18:15	Battle Fit
18:00 - 18:30	SPRINT (virtual)
18:30 - 19:15	SH'BAM
19:30 - 20:15	BODYPUMP (Virtual)
20:00 - 21:00	Cardio Tennis