

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/04/2024

Times for Tuesday 19 November



Time	Session
06:45 - 07:15	TeamBeats
06:45 - 07:45	BODYCOMBAT (Virtual)
08:00 - 08:45	RPM (Virtual)
08:00 - 09:00	BODYPUMP (Virtual)
09:30 - 10:00	TeamBeats
10:00 - 11:00	Indoor Walking Rounders
10:30 - 11:15	RPM (Virtual)
11:00 - 12:00	Walking Netball
12:30 - 13:15	RPM (Virtual)
13:30 - 14:30	Low Circuit
14:00 - 16:00	Racket Sports
15:30 - 16:15	BODYPUMP (Virtual)
16:00 - 16:30	SPRINT (virtual)
16:00 - 16:30	Family TeamBeats
16:30 - 17:00	CXWORX (Virtual)
17:00 - 17:45	RPM (Virtual)
17:30 - 18:30	Circuits
18:00 - 18:45	RPM
18:30 - 19:30	BODYCOMBAT
19:00 - 20:00	Cardio Tennis
19:15 - 20:00	RPM (Virtual)

Time	Session
19:30 - 20:00	Total Abs
20:00 - 21:00	Pilates
20:15 - 20:45	GRIT Athletic - Virtual