

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 07/05/2024

Times for Friday 22 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 |