Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 19 February

Time	Session
06:30 - 07:15	BODYPUMP (Virtual)
06:45 - 07:15	SPRINT (virtual)
07:00 - 07:30	Low TeamBeats
07:30 - 08:30	BODYBALANCE (Virtual)
08:45 - 09:30	BODYPUMP (Virtual)
09:30 - 10:15	RPM (Virtual)
09:45 - 10:45	Low Aerobics
11:00 - 11:30	CXWORX (Virtual)
12:00 - 12:30	SPRINT (virtual)
12:00 - 12:30	TeamBeats
12:30 - 13:00	GRIT Strength - Virtual
13:30 - 14:30	Pilates
15:30 - 16:15	SH'BAM (Virtual)
16:30 - 17:00	BODYBALANCE (Virtual)
17:15 - 18:00	Battle Fit
17:30 - 18:15	RPM (Virtual)
17:30 - 19:00	No Strings Badminton
18:00 - 19:00	Body Attack
18:00 - 19:00	Hatton Boxing
18:00 - 19:30	Basketball
19:00 - 19:45	RPM

Time	Session
19:15 - 20:00	Zumba (14yrs+)
19:15 - 20:00	Body Pump
20:00 - 20:30	SPRINT (virtual)
20:00 - 21:00	Cardio Tennis
20:15 - 21:15	BODYBALANCE (Virtual)