

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/04/2024

Times for Monday 8 June



| 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 |
| 11:00 - 12:00 | Indoor Bowls |
| 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 |

Time

Session

19:30 - 20:15

BODYPUMP (Virtual)