

# Robin Park Sports Centre: Exercise classes

## Robin Park Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 11 June



| Time          | Session               |
|---------------|-----------------------|
| 06:45 - 07:15 | TeamBeats             |
| 06:45 - 07:15 | GRIT Virtual Cardio   |
| 07:30 - 08:15 | BODYPUMP (Virtual)    |
| 08:00 - 08:45 | RPM (Virtual)         |
| 08:30 - 09:30 | BODYCOMBAT (Virtual)  |
| 09:15 - 10:00 | RPM (Virtual)         |
| 09:30 - 10:30 | Yogalates             |
| 10:30 - 11:15 | RPM (Virtual)         |
| 11:00 - 12:00 | Low Circuit           |
| 11:00 - 13:00 | Racket Sports         |
| 11:00 - 13:00 | Racket Sports         |
| 12:30 - 13:00 | CXWORX (Virtual)      |
| 15:30 - 16:30 | BODYBALANCE (Virtual) |
| 16:00 - 16:30 | SPRINT (virtual)      |
| 16:45 - 17:15 | CXWORX                |
| 17:00 - 17:30 | TeamBeats             |
| 17:15 - 17:45 | BARRE Virtual         |
| 17:15 - 18:00 | BODYCOMBAT            |
| 17:30 - 18:15 | RPM                   |
| 18:00 - 18:45 | SH'BAM (Virtual)      |
| 18:15 - 19:00 | Body Pump®            |

| <b>Time</b>   | <b>Session</b>          |
|---------------|-------------------------|
| 18:30 - 19:15 | Couch to 5k Run Group   |
| 18:30 - 19:15 | RPM (Virtual)           |
| 19:15 - 20:15 | Yoga                    |
| 19:45 - 20:30 | RPM (Virtual)           |
| 20:15 - 20:45 | GRIT Strength - Virtual |