

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 30/06/2024

Times for Monday 1 July



Time	Session	Facility
06:45 - 07:15	Fast 30	Gym
07:00 - 07:45	Body Pump - Virtual	Studio 1
07:00 - 07:45	The Trip (Virtual)	Cycle Studio
09:30 - 10:15	Low Aerobics	Studio 1
09:30 - 10:20	RPM - Virtual	Cycle Studio
09:30 - 10:30	Circuits	Studio 1
10:30 - 11:20	RPM - Virtual	Cycle Studio
10:30 - 11:30	Tai Chi	Studio 1
14:00 - 14:50	RPM - Virtual	Cycle Studio
16:15 - 16:45	Body Balance - Virtual	Studio 1
17:00 - 17:30	Les Mills Core - Virtual	Studio 1
17:00 - 18:00	Functional Fitness	Gym
17:30 - 18:15	The Trip (Virtual)	Cycle Studio
17:45 - 18:30	Body Pump	Studio 1
17:45 - 18:45	Circuits	Studio 1
18:45 - 19:35	RPM	Cycle Studio
18:55 - 19:40	Body Attack - Virtual	Studio 1
19:00 - 20:00	Back to Netball	Sports Hall
19:45 - 20:30	Sh'bam - Virtual	Studio 1