

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 30/06/2024

Times for Tuesday 2 July



Time	Session	Facility
06:40 - 07:10	Fast 30	Gym
06:45 - 07:30	Body Combat - Virtual	Studio 1
07:00 - 07:45	The Trip (Virtual)	Cycle Studio
10:30 - 11:00	Sprint - Virtual	Cycle Studio
11:00 - 12:00	Back To Sport: Walking Netball	Sports Hall
12:30 - 13:20	RPM - Virtual	Cycle Studio
12:30 - 13:30	Low Circuit	Studio 1
15:00 - 15:45	Sh'bam - Virtual	Studio 1
16:00 - 16:45	Body Pump - Virtual	Studio 1
17:00 - 17:30	Les Mills Core - Virtual	Studio 1
17:45 - 18:30	Body Pump - Virtual	Studio 1
17:45 - 18:45	Body Combat	Studio 1
18:00 - 18:45	The Trip (Virtual)	Cycle Studio
19:00 - 19:45	Pilates	Studio 1
19:15 - 19:45	Sprint - Virtual	Cycle Studio
19:30 - 20:30	Cardio Tennis	Indoor Tennis Court
19:45 - 20:30	Yoga	Studio 1