

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 30/06/2024

Times for Thursday 4 July



Time	Session	Facility
06:40 - 07:10	Fast 30	Gym
06:45 - 07:15	Sprint - Virtual	Cycle Studio
07:00 - 07:30	Grit Cardio - Virtual	Studio 1
07:30 - 08:00	RPM - Virtual	Cycle Studio
07:30 - 08:00	Grit Strength - Virtual	Studio 1
09:30 - 10:30	Yogalates	Studio 1
10:30 - 11:20	RPM - Virtual	Cycle Studio
12:15 - 13:15	Low Circuit	Studio 1
16:00 - 16:30	Sprint - Virtual	Cycle Studio
17:00 - 18:00	Family Let's Get Movin' (3-10yrs)	Studio 1
17:30 - 18:20	RPM - Virtual	Cycle Studio
17:30 - 18:30	Body Combat	Studio 1
18:45 - 19:30	Body Pump - Virtual	Studio 1
19:00 - 19:30	Fast 30	Gym
19:00 - 19:45	The Trip (Virtual)	Cycle Studio
19:45 - 20:15	Grit Athletic - Virtual	Studio 1