

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 30/06/2024

Times for Saturday 6 July



Time	Session	Facility
08:15 - 08:45	Grit Cardio - Virtual	Studio 1
08:30 - 09:20	RPM	Cycle Studio
09:00 - 10:00	Circuits	Studio 1
09:30 - 10:15	The Trip (Virtual)	Cycle Studio
10:15 - 11:15	Body Pump - Virtual	Studio 1
10:30 - 11:20	RPM - Virtual	Cycle Studio
12:45 - 13:15	Barre Virtual	Studio 1
13:30 - 14:15	Sh'bam - Virtual	Studio 1