

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 01/07/2024

Times for Sunday 7 July



Time	Session	Facility
08:15 - 09:00	The Trip (Virtual)	Cycle Studio
08:15 - 09:00	Body Attack - Virtual	Studio 1
09:00 - 09:45	Body Combat - Virtual	Studio 1
09:30 - 10:00	Sprint - Virtual	Cycle Studio
10:00 - 10:30	Grit Cardio - Virtual	Studio 1
10:00 - 10:30	Fast 30	Studio 1
10:30 - 11:20	RPM - Virtual	Cycle Studio
11:30 - 12:30	Body Pump - Virtual	Studio 1
12:45 - 13:15	Body Balance - Virtual	Studio 1