

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 26/10/2024

Times for Monday 28 October



| Time | Session | Facility |
|---------------|--------------------------|--------------|
| 06:45 - 07:15 | Fast 30 | Gym |
| 07:00 - 07:45 | Body Pump - Virtual | Studio 1 |
| 08:00 - 08:45 | The Trip (Virtual) | Cycle Studio |
| 09:00 - 09:45 | RPM - Virtual | Cycle Studio |
| 09:30 - 10:15 | Low Aerobics | Studio 1 |
| 10:30 - 11:20 | RPM - Virtual | Cycle Studio |
| 10:30 - 11:30 | Tai Chi | Studio 1 |
| 14:15 - 15:00 | 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 |
| 17:45 - 18:30 | Body Pump | Studio 1 |
| 17:45 - 18:45 | Circuits | Studio 1 |
| 19:00 - 19:45 | RPM | Cycle Studio |
| 19:00 - 20:00 | Back to Netball | Sports Hall |