

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/10/2024

Times for Wednesday 30 October



Time	Session	Facility
06:40 - 07:10	Fast 30	Gym
06:45 - 07:15	Sprint - Virtual	Studio 1
07:30 - 08:20	RPM - Virtual	Cycle Studio
07:45 - 08:00	Les Mills Core - Virtual	Studio 1
08:30 - 09:15	Body Attack - Virtual	Studio 1
09:30 - 10:20	RPM - Virtual	Cycle Studio
09:30 - 10:30	Low Aerobics	Studio 1
12:15 - 12:45	Sprint - Virtual	Cycle Studio
13:15 - 14:15	Pilates	Studio 1
15:30 - 16:00	Barre Virtual	Studio 1
16:15 - 17:00	Sh'bam - Virtual	Studio 1
17:15 - 18:15	Circuits	Studio 1
17:30 - 19:00	Back To Sport: No Strings Badminton	Sports Hall
18:00 - 19:30	Back To Sport: Basketball	Sports Hall
19:00 - 20:05	RPM	Cycle Studio