

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/10/2024

Times for Friday 1 November



Time	Session	Facility
06:40 - 07:10	Team Beats	Gym
07:00 - 07:45	Body Combat - Virtual	Studio 1
08:00 - 08:45	The Trip (Virtual)	Cycle Studio
08:15 - 09:00	Body Attack - Virtual	Studio 1
09:15 - 10:00	Body Pump - Virtual	Studio 1
11:00 - 12:00	Low Aerobics	Studio 1
12:00 - 12:30	Sprint - Virtual	Cycle Studio
13:00 - 13:45	RPM - Virtual	Cycle Studio
14:15 - 14:45	Barre Virtual	Studio 1
15:00 - 15:45	RPM - Virtual	Cycle Studio
16:30 - 17:00	Les Mills Core - Virtual	Studio 1
17:15 - 18:00	Hatton Boxing	Studio 1
18:15 - 19:00	Sh'bam - Virtual	Studio 1
19:15 - 20:00	Body Pump - Virtual	Studio 1
20:30 - 21:30	Cardio Tennis	Indoor Tennis Court