

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/10/2024

Times for Sunday 3 November



| Time | Session | Facility |
|---------------|------------------------|----------|
| 08:15 - 09:00 | Body Attack - Virtual | Studio 1 |
| 09:00 - 09:45 | Body Combat - Virtual | Studio 1 |
| 10:00 - 10:30 | Fast 30 | Studio 1 |
| 10:00 - 10:50 | RPM - Virtual | Studio 1 |
| 11:30 - 12:30 | Body Pump - Virtual | Studio 1 |
| 12:45 - 13:15 | Body Balance - Virtual | Studio 1 |
| 13:30 - 14:00 | Sprint - Virtual | Studio 1 |