

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 01/11/2024

Times for Tuesday 5 November



Time	Session	Facility
06:40 - 07:10	Fast 30	Gym
06:45 - 07:30	The Trip (Virtual)	Cycle Studio
07:45 - 08:30	Body Combat - Virtual	Studio 1
08:45 - 09:30	RPM - Virtual	Studio 1
11:00 - 12:00	Back To Sport: Walking Netball	Sports Hall
12:30 - 13:30	Low Circuit	Studio 1
14:00 - 16:00	Back To Sport: No Strings Badminton	Sports Hall
14:00 - 16:00	Back To Sport: Pickleball	Sports Hall
15:00 - 15:45	Sh'bam - Virtual	Studio 1
16:00 - 16:45	Body Pump - Virtual	Studio 1
17:00 - 17:30	Les Mills Core - Virtual	Studio 1
17:45 - 18:30	Body Pump - Virtual	Studio 1
17:45 - 18:45	Body Combat	Studio 1
19:00 - 19:45	Pilates	Studio 1
19:30 - 20:30	Cardio Tennis	Indoor Tennis Court
19:45 - 20:30	Yoga	Studio 1