

# Robin Park Sports Centre: Exercise classes

## Robin Park Leisure Centre

Accurate as of 01/11/2024

### Times for Thursday 7 November



Time	Session	Facility
06:40 - 07:10	Fast 30	Gym
06:45 - 07:15	Sprint - Virtual	Cycle Studio
07:00 - 07:30	Grit Cardio - Virtual	Studio 1
07:35 - 08:20	RPM - Virtual	Cycle Studio
09:30 - 10:30	Yogalates	Studio 1
10:30 - 12:00	Back To Sport: Pickleball	Sports Hall
12:15 - 13:15	Low Circuit	Studio 1
15:00 - 15:30	Sprint - Virtual	Cycle Studio
17:00 - 18:00	Family Let's Get Movin' (3-10yrs)	Studio 1
17:00 - 19:00	Back To Sport: No Strings Badminton	Sports Hall
17:30 - 18:30	Body Combat	Studio 1
18:15 - 19:00	The Trip (Virtual)	Cycle Studio
18:15 - 19:00	Fast 30	Gym
18:45 - 19:30	Body Pump	Studio 1
19:15 - 19:45	Grit Athletic - Virtual	Studio 1