

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 19/10/2019

(19-10-2019 - 25-10-2019)



Day	Time	Session	Facility	Instructor	Level
Sat	07:45 - 08:15	GRIT Virtual Cardio	Multi Purpose Hall	Virtual Instructor	***
Sat	08:00 - 08:45	Body Pump®	Multi Purpose Hall	Mahtab	***
Sat	08:30 - 09:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Sat	08:30 - 09:15	RPM	Cycle Studio	Gareth	***
Sat	08:45 - 09:15	TeamBeats	Gym	Various	***
Sat	09:30 - 10:00	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Sat	09:30 - 10:30	Circuits	Multi Purpose Hall	Various	***
Sat	10:30 - 11:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Sat	13:00 - 13:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Sat	13:00 - 13:30	Family TeamBeats	Gym	Various	***
Sat	13:00 - 13:45	SH'BAM (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Sat	14:00 - 15:00	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Sun	07:45 - 08:45	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Sun	08:30 - 09:00	TeamBeats	Gym	Various	***
Sun	08:30 - 09:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Sun	09:00 - 09:30	CXWORX (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Sun	10:00 - 10:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Sun	10:00 - 11:00	Hatton Boxing	Multi Purpose Hall	Various	***
Sun	11:00 - 11:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Sun	11:00 - 11:45	Battle Fit	Multi Purpose Hall	Various	***
Sun	12:00 - 12:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***

Day	Time	Session	Facility	Instructor	Level
Sun	12:00 - 13:00	BODYCOMBAT (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Sun	13:00 - 13:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Sun	13:30 - 14:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Sun	14:30 - 15:00	BARRE Virtual	Multi Purpose Hall	Virtual Instructor	**
Mon	06:45 - 07:15	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Mon	06:45 - 07:15	GRIT Virtual Strength	Multi Purpose Hall	Virtual Instructor	***
Mon	07:00 - 07:30	TeamBeats	Gym	Various	***
Mon	08:00 - 09:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Mon	09:15 - 10:15	Low Aerobics	Multi Purpose Hall	Various	*
Mon	09:30 - 10:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Mon	09:30 - 10:30	RPM	Cycle Studio	Rob S	***
Mon	10:30 - 12:00	Tai Chi	Multi Purpose Hall	Matthew	**
Mon	11:00 - 12:00	Back 2 Bowling	Sports Hall	Back To Sport Programme	*
Mon	12:00 - 12:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Mon	12:15 - 12:45	GRIT Virtual Cardio	Multi Purpose Hall	Virtual Instructor	***
Mon	12:30 - 13:00	TeamBeats	Gym	Various	***
Mon	14:00 - 14:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Mon	15:15 - 15:45	BARRE Virtual	Multi Purpose Hall	Virtual Instructor	**
Mon	16:00 - 17:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Mon	17:00 - 17:30	CXWORX	Multi Purpose Hall	Amie	***
Mon	17:30 - 18:00	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Mon	17:35 - 18:20	BODYCOMBAT (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Mon	18:20 - 19:05	Battle Fit	Multi Purpose Hall	Various	***
Mon	18:30 - 19:30	Aeromix (14yrs+)	Sports Hall	Freestyle Fitness	**
Mon	18:45 - 19:30	RPM	Cycle Studio	Chantelle	***

Day	Time	Session	Facility	Instructor	Level
Mon	19:30 - 20:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Mon	19:35 - 20:20	BODYCOMBAT	Multi Purpose Hall	Chantelle	***
Mon	20:30 - 21:00	SH'BAM (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Tue	06:45 - 07:15	TeamBeats	Gym	Various	***
Tue	06:45 - 07:45	BODYCOMBAT (Virtual)	Multi Purpose Hall	Virtual Instructor	
Tue	08:00 - 08:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Tue	08:00 - 09:00	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Tue	09:15 - 09:45	BARRE Virtual	Multi Purpose Hall	Virtual Instructor	**
Tue	09:30 - 10:00	TeamBeats	Gym	Various	***
Tue	10:00 - 11:00	B2s Walking Rounders	Sports Hall	Back To Sport Programme	
Tue	10:30 - 11:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Tue	11:00 - 12:00	B2S Walking Netball	Powerade Hall	Back To Sport Programme	*
Tue	12:30 - 13:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Tue	13:30 - 14:30	Low Circuit	Multi Purpose Hall	Leanne	*
Tue	14:00 - 16:00	B2s Racket Sports	Sports Hall	Back To Sport Programme	
Tue	15:30 - 16:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Tue	16:00 - 16:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Tue	16:00 - 16:30	Family TeamBeats	Gym	Various	***
Tue	16:30 - 17:00	CXWORX (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Tue	17:00 - 17:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Tue	17:30 - 18:30	Circuits	Multi Purpose Hall	Various	***
Tue	18:00 - 18:45	RPM	Cycle Studio	Carla	***
Tue	18:30 - 19:30	BODYCOMBAT	Sports Hall	Kelly	***
Tue	19:00 - 20:00	Cardio Tennis	Indoor Tennis Court	Sarah	**
Tue	19:15 - 20:00	RPM (Virtual)	Cycle Studio	Virtual Instructor	***

Day	Time	Session	Facility	Instructor	Level
Tue	19:30 - 20:00	Total Abs	Multi Purpose Hall	Kelly	**
Tue	20:00 - 21:00	Pilates	Multi Purpose Hall	Jilly	**
Tue	20:15 - 20:45	GRIT virtual Athletic	Multi Purpose Hall	Virtual Instructor	***
Wed	06:30 - 07:15	Body Pump®	Multi Purpose Hall	Carla	***
Wed	06:45 - 07:15	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Wed	07:00 - 07:30	Low TeamBeats	Gym	Various	***
Wed	07:30 - 08:30	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Wed	08:45 - 09:30	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Wed	09:30 - 10:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Wed	09:45 - 10:45	Low Aerobics	Multi Purpose Hall	Jilly	*
Wed	11:00 - 11:30	CXWORX (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Wed	12:00 - 12:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Wed	12:00 - 12:30	TeamBeats	Gym	Various	***
Wed	12:30 - 13:00	GRIT Virtual Strength	Multi Purpose Hall	Virtual Instructor	***
Wed	13:30 - 14:30	Pilates	Multi Purpose Hall	Jilly	*
Wed	14:00 - 14:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Wed	15:30 - 16:15	SH'BAM (Virtual)	Powerade Hall	Virtual Instructor	**
Wed	16:30 - 17:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Wed	17:15 - 18:00	Battle Fit	Multi Purpose Hall	Various	***
Wed	17:30 - 18:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Wed	17:30 - 19:00	No Strings Badminton	Sports Hall	Back To Sport Programme	
Wed	18:00 - 19:00	Body Attack	Multi Purpose Hall	Mahtab	***
Wed	18:00 - 19:00	Hatton Boxing	Multi Purpose Hall	Various	***
Wed	18:00 - 19:30	Basketball	Sports Hall	Back To Sport Programme	
Wed	19:00 - 19:45	RPM	Cycle Studio	Gareth	***

Day	Time	Session	Facility	Instructor	Level
Wed	19:15 - 20:00	Zumba (14yrs+)	Sports Hall	Freestyle Fitness	**
Wed	19:15 - 20:00	Body Pump	Multi Purpose Hall	Mahtab	***
Wed	20:00 - 20:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Wed	20:00 - 21:00	Cardio Tennis	Indoor Tennis Court	Ali	**
Wed	20:15 - 21:15	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Thu	06:45 - 07:15	TeamBeats	Gym	Various	***
Thu	06:45 - 07:15	GRIT Virtual Cardio	Multi Purpose Hall	Virtual Instructor	***
Thu	07:30 - 08:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Thu	08:00 - 08:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Thu	08:30 - 09:30	BODYCOMBAT (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Thu	09:30 - 10:30	Yogalates	Multi Purpose Hall	Jilly	**
Thu	10:30 - 11:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Thu	11:00 - 12:00	Low Circuit	Multi Purpose Hall	Graeme	*
Thu	11:00 - 13:00	B2s Racket Sports	Sports Hall	Back To Sport Programme	
Thu	12:30 - 13:00	CXWORX (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Thu	12:30 - 13:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Thu	15:30 - 16:30	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Thu	16:00 - 16:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Thu	16:45 - 17:15	CXWORX	Multi Purpose Hall	Amie	***
Thu	17:00 - 17:30	TeamBeats	Gym	Various	***
Thu	17:15 - 17:45	BARRE Virtual	Multi Purpose Hall	Virtual Instructor	**
Thu	17:15 - 18:00	BODYCOMBAT	Sports Hall	Amie	***
Thu	17:30 - 18:15	RPM	Cycle Studio	Hayley	***
Thu	18:00 - 18:45	SH'BAM (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Thu	18:15 - 19:00	Body Pump®	Multi Purpose Hall	Amie	***

Day	Time	Session	Facility	Instructor	Level
Thu	18:30 - 19:15	Couch to 5k Run Group	Road Running Route	Various	**
Thu	18:30 - 19:15	RPM (Virtual)	Cycle Studio	Various	***
Thu	19:15 - 20:15	Yoga	Multi Purpose Hall	Jilly	**
Thu	19:45 - 20:30	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Thu	20:15 - 20:45	GRIT Virtual Strength	Multi Purpose Hall	Virtual Instructor	***
Fri	06:45 - 07:15	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Fri	06:45 - 07:30	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Fri	07:00 - 07:30	TeamBeats	Gym	Various	***
Fri	07:45 - 08:15	GRIT virtual Athletic	Multi Purpose Hall	Virtual Instructor	***
Fri	08:30 - 09:15	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Fri	09:30 - 10:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Fri	10:00 - 10:45	Couch to 5k Run Group	Road Running Route	Various	**
Fri	10:00 - 10:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Fri	11:15 - 12:15	Low Aerobics	Multi Purpose Hall	Jilly	*
Fri	12:00 - 12:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Fri	12:00 - 12:30	TeamBeats	Gym	Various	
Fri	13:00 - 14:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	**
Fri	14:00 - 14:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Fri	15:00 - 16:00	BODYCOMBAT (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Fri	16:30 - 17:00	BODYBALANCE (Virtual)	Multi Purpose Hall	Virtual Instructor	***
Fri	17:00 - 17:45	RPM (Virtual)	Cycle Studio	Virtual Instructor	***
Fri	17:30 - 18:15	Battle Fit	Multi Purpose Hall	Various	***
Fri	18:00 - 18:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor	***
Fri	18:30 - 19:15	SH'BAM	Multi Purpose Hall	Various	**
Fri	19:30 - 20:15	BODYPUMP (Virtual)	Multi Purpose Hall	Virtual Instructor	***

Day	Time	Session	Facility	Instructor	Level
Fri	20:00 - 21:00	Cardio Tennis	Indoor Tennis Court	Ali	**