

# Robin Park Sports Centre: Exercise classes

## Robin Park Leisure Centre

Accurate as of 23/04/2024

### Times for Tuesday 22 October



| Time          | Session                 |
|---------------|-------------------------|
| 06:45 - 07:15 | TeamBeats               |
| 06:45 - 07:45 | BODYCOMBAT (Virtual)    |
| 08:00 - 08:45 | RPM (Virtual)           |
| 08:00 - 09:00 | BODYPUMP (Virtual)      |
| 09:30 - 10:00 | TeamBeats               |
| 10:00 - 11:00 | Indoor Walking Rounders |
| 10:30 - 11:15 | RPM (Virtual)           |
| 11:00 - 12:00 | Walking Netball         |
| 12:30 - 13:15 | RPM (Virtual)           |
| 13:30 - 14:30 | Low Circuit             |
| 14:00 - 16:00 | Racket Sports           |
| 15:30 - 16:15 | BODYPUMP (Virtual)      |
| 16:00 - 16:30 | SPRINT (virtual)        |
| 16:00 - 16:30 | Family TeamBeats        |
| 16:30 - 17:00 | CXWORX (Virtual)        |
| 17:00 - 17:45 | RPM (Virtual)           |
| 17:30 - 18:30 | Circuits                |
| 18:00 - 18:45 | RPM                     |
| 18:30 - 19:30 | BODYCOMBAT              |
| 19:00 - 20:00 | Cardio Tennis           |
| 19:15 - 20:00 | RPM (Virtual)           |

| <b>Time</b>   | <b>Session</b>          |
|---------------|-------------------------|
| 19:30 - 20:00 | Total Abs               |
| 20:00 - 21:00 | Pilates                 |
| 20:15 - 20:45 | GRIT Athletic - Virtual |