Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 24 October

Time	Session
06:45 - 07:15	TeamBeats
06:45 - 07:15	GRIT Virtual Cardio
07:30 - 08:15	BODYPUMP (Virtual)
08:00 - 08:45	RPM (Virtual)
08:30 - 09:30	BODYCOMBAT (Virtual)
09:30 - 10:30	Yogalates
10:30 - 11:15	RPM (Virtual)
11:00 - 12:00	Low Circuit
11:00 - 13:00	Racket Sports
11:00 - 13:00	Racket Sports
12:30 - 13:00	CXWORX (Virtual)
15:30 - 16:30	BODYBALANCE (Virtual)
16:00 - 16:30	SPRINT (virtual)
16:45 - 17:15	CXWORX
17:00 - 17:30	TeamBeats
17:15 - 17:45	BARRE Virtual
17:15 - 18:00	BODYCOMBAT
17:30 - 18:15	RPM
18:00 - 18:45	SH'BAM (Virtual)
18:15 - 19:00	Body Pump®
18:30 - 19:15	Couch to 5k Run Group

Time	Session
18:30 - 19:15	RPM (Virtual)
19:15 - 20:15	Yoga
19:45 - 20:30	RPM (Virtual)
20:15 - 20:45	GRIT Strength - Virtual