

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 28/04/2024

Times for Saturday 26 October



| Time | Session |
|---------------|---------------------|
| 07:45 - 08:15 | GRIT Virtual Cardio |
| 08:00 - 08:45 | Body Pump® |
| 08:30 - 09:15 | RPM |
| 08:45 - 09:15 | TeamBeats |
| 09:30 - 10:00 | SPRINT (virtual) |
| 09:30 - 10:30 | Circuits |
| 09:45 - 10:30 | BODYCOMBAT |
| 10:30 - 11:15 | RPM (Virtual) |
| 11:15 - 12:00 | Body Attack |
| 13:00 - 13:30 | SPRINT (virtual) |
| 13:00 - 13:45 | SH'BAM (Virtual) |
| 14:00 - 15:00 | BODYPUMP (Virtual) |