

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 18 December



| Time | Session |
|---------------|-------------------------|
| 06:30 - 07:15 | BODYPUMP (Virtual) |
| 06:45 - 07:15 | SPRINT (virtual) |
| 07:00 - 07:30 | Low TeamBeats |
| 07:30 - 08:30 | BODYBALANCE (Virtual) |
| 08:45 - 09:30 | BODYPUMP (Virtual) |
| 09:30 - 10:15 | RPM (Virtual) |
| 09:45 - 10:45 | Low Aerobics |
| 11:00 - 11:30 | CXWORX (Virtual) |
| 12:00 - 12:30 | SPRINT (virtual) |
| 12:00 - 12:30 | TeamBeats |
| 12:30 - 13:00 | GRIT Strength - Virtual |
| 13:30 - 14:30 | Pilates |
| 15:30 - 16:15 | SH'BAM (Virtual) |
| 16:30 - 17:00 | BODYBALANCE (Virtual) |
| 17:15 - 18:00 | Battle Fit |
| 17:30 - 18:15 | RPM (Virtual) |
| 17:30 - 19:00 | No Strings Badminton |
| 18:00 - 19:00 | Body Attack |
| 18:00 - 19:00 | Hatton Boxing |
| 18:00 - 19:30 | Basketball |
| 19:00 - 19:45 | RPM |

| Time | Session |
|---------------|-----------------------|
| 19:15 - 20:00 | Zumba (14yrs+) |
| 19:15 - 20:00 | Body Pump |
| 20:00 - 20:30 | SPRINT (virtual) |
| 20:00 - 21:00 | Cardio Tennis |
| 20:15 - 21:15 | BODYBALANCE (Virtual) |