

Robin Park Sports Centre: Exercise classes

Robin Park Leisure Centre

Accurate as of 12/05/2024

Times for Thursday 2 May



| Time | Session | Facility |
|---------------|-------------------------------------|--------------|
| 06:40 - 07:10 | Fast 30 | Gym |
| 06:45 - 07:15 | Sprint - Virtual | Cycle Studio |
| 07:00 - 07:30 | Grit Cardio - Virtual | Studio 1 |
| 07:30 - 08:00 | RPM - Virtual | Cycle Studio |
| 07:30 - 08:00 | Grit Strength - Virtual | Studio 1 |
| 09:30 - 10:30 | Yogalates | Studio 1 |
| 10:30 - 11:20 | RPM - Virtual | Cycle Studio |
| 10:30 - 12:00 | Back To Sport: Pickleball | Sports Hall |
| 12:15 - 13:15 | Low Circuit | Studio 1 |
| 16:00 - 16:30 | Sprint - Virtual | Cycle Studio |
| 17:00 - 18:00 | Family Let's Get Movin' (3-10yrs) | Studio 1 |
| 17:00 - 19:00 | Back To Sport: No Strings Badminton | Sports Hall |
| 17:30 - 18:20 | RPM - Virtual | Cycle Studio |
| 17:30 - 18:30 | Body Combat | Studio 1 |
| 18:45 - 19:30 | Body Pump | Studio 1 |
| 19:00 - 19:30 | Fast 30 | Gym |
| 19:00 - 19:45 | The Trip (Virtual) | Cycle Studio |
| 19:45 - 20:15 | Grit Athletic - Virtual | Studio 1 |