

# Group Fitness Timetable

## Richmond Leisure & Wellbeing Hub

Accurate as of 22/04/2026

### Times for Wednesday 22 April



| Time          | Session        | Facility |
|---------------|----------------|----------|
| 08:00 - 09:00 | Power Sculpt   | Studio   |
| 09:30 - 10:30 | Rhythm & Moves | Studio   |
| 18:15 - 19:15 | Power Hour     | Studio   |
| 19:30 - 20:30 | Yoga           | Studio   |