

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/04/2026

Times for Thursday 23 April



Time	Session	Facility
08:00 - 09:00	Functional Fit	Studio
09:30 - 10:30	Mat Pilates	Studio
17:00 - 18:00	Step strength	Studio
18:15 - 19:15	Trilactic	Studio
19:30 - 20:30	Dance Cardio Party	Studio