

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 26/05/2026

Times for Monday 18 May



Time	Session	Facility
08:00 - 09:00	Mat Pilates	Studio
09:30 - 10:30	Pump & Tone	Studio
18:15 - 19:15	Step strength	Studio
19:30 - 20:30	Pump Extreme	Studio