

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 26/05/2026

Times for Wednesday 20 May



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