

# Group Fitness Timetable

## Richmond Leisure & Wellbeing Hub

Accurate as of 26/05/2026

### Times for Friday 22 May



Time	Session	Facility
08:00 - 09:00	HIIT Reset 60	Studio
09:30 - 10:30	Move & Groove	Studio
18:15 - 19:15	Yoga	Studio