

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/06/2026

Times for Monday 22 June



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