

# Group Fitness Timetable

## Richmond Leisure & Wellbeing Hub

Accurate as of 22/06/2026

### Times for Tuesday 23 June



Time	Session	Facility
08:00 - 09:00	HIIT Reset 60	Studio
09:30 - 10:30	Lift, Align & Flow	Studio
18:15 - 19:15	Suspension Yoga & Pilates	Studio
19:30 - 20:30	Pump & Tone	Studio