

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/09/2026

Times for Monday 14 September

Time	Session	Facility
08:00 - 08:45	Mat Pilates	Studio
09:00 - 10:15	Total Strength	Studio
18:15 - 19:00	Step	Studio
19:30 - 20:15	Strength and Conditioning	Studio