

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/09/2026

Times for Tuesday 15 September

Time	Session	Facility
08:00 - 08:45	High Intensity Interval Training	Studio
09:30 - 10:15	HIIT Step	Studio
18:15 - 19:00	Suspension Yoga & Pilates	Studio
19:30 - 20:15	Total Strength	Studio