

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/09/2026

Times for Thursday 17 September			
Time	Session	Facility	
08:00 - 08:15	Fit For Function	Studio	
08:00 - 09:00	Functional Fit	Studio	
09:30 - 10:15	Mat Pilates	Studio	
09:30 - 10:30	Mat Pilates	Studio	
17:00 - 17:45	Step	Studio	
17:00 - 18:00	Step strength	Studio	
18:15 - 19:00	Trilactic	Studio	
18:15 - 19:15	Trilactic	Studio	
19:30 - 20:15	Dance Fitness	Studio	
19:30 - 20:30	Dance Cardio Party	Studio	