

Group Fitness Timetable

Richmond Leisure & Wellbeing Hub

Accurate as of 22/09/2026

Times for Friday 18 September

Time	Session	Facility
08:00 - 08:45	High Intensity Interval Training	Studio
08:00 - 09:00	HIIT Reset 60	Studio
09:30 - 10:15	Dance Fitness	Studio
09:30 - 10:30	Move & Groove	Studio
18:15 - 19:00	Yoga	Studio
18:15 - 19:15	Yoga	Studio