

FITNESS CLASS PROGRAMME

Valid from 3 June 2018

Monday

Body tone	9.30-10.30am	G	Naomi
Pilates	10.30-11.30am	G*	Naomi
Aqua	11.30-12.15pm	G	Nikki R
Nifty fifties	11.35-12.35pm	O50	Stuart
HIIT	1.00-1.50pm	G	Sam
Falls prevention	2.00-3.00pm	Ref	Naomi
Falls prevention	3.15-4.15pm	Ref	Naomi
Iyengar yoga	4.50-5.50pm	G	Dolores
BodyPump™	6.00-7.00pm	G	Bozena
Zumba	7.00-8.00pm	G	Narissa
Pilates	8.00-9.00pm	G*	Nikki R

Tuesday

Morning conditioning (outdoor)	7.00-7.45am	G	Sam/Hamid
Pilates	8.30-9.30am	G*	Naomi
Pilates	9.30-10.30am	G*	Naomi
Iyengar yoga	10.30-11.45am	G*	Dolores
BodyPump™	1.00-1.45pm	G	Lisa
Active living	2.30-3.30pm	Ref	Sam
Tai Chi	6.00-7.00pm	G	Andi
Body Tone	7.00-8.00pm	G	Sam
50/50	8.00-9.00pm	G	Nikki R

Wednesday

Legs, bums & tums	9.30-10.15am	G	Jenny
Pilates	10.15-11.15am	G*	Jenny
Aqua	11.00-11.45am	G	Nikki R
Active living	11.30am-12.30pm	Ref	Sam
BodyPump™	1.15-2.00pm	G	Lisa
BodyPump™	6.15-7.15pm	G	Laura
Iyengar Yoga	7.30-8.30pm	G*	Jane
Aqua	7.30-8.15pm	G	Nikki R
Bootcamp (outdoor)	6.30-7.30pm	G	Sam/Niall
Pilates	8.30-9.30pm	G*	Nikki R

Thursday

Zumba	9.15-10.15am	G	Adrienne
Hatha Yoga	10.15-11.15am	G*	Mariam
Beginners Yoga	11.15am-12.30pm	G	Mariam
Pilates	12.30-1.30pm	G*	Hamid
Nifty fifties	1.30-2.30pm	O50	Jenny
Active Living	2.45-3.45pm	Ref	Sam
Beginners Pilates	6.00-7.00pm	B	Naomi
Running Technique Workshop (outdoor) NEW	6.00-7.00pm	G	Eduardo
Pilates	7.00-8.00pm	G*	Naomi
Boxercise	8.00-9.00pm	G	Hamid

Friday

Beginners Pilates	9.30-10.30am	B	Mariam
Bootcamp (outdoor) NEW	9.30-10.30am	G	Sam/Niall
Iyengar Yoga	10.30-11.45am	G*	Dolores
Aqua	11.30-12.15pm	G	Stuart
LoYoCore	12.15-1.15pm	G	Stuart
Pilates	1.15-2.15pm	G*	Elena
Falls prevention	2.45-3.45pm	Ref	Naomi
Zumba	6.00-7.00pm	G	Mara
Yin yoga/meditation	7.05-8.20pm	G*	Mariam

Saturday

Hype Dance Fit NEW	8.15-9.15am	G	Anna
Zumba	9.15-10.15am	G	Anna
BASSbox NEW	10.15-11.15am	G	Anna
Body Tone	11.15-12.15pm	G	Anna

Sunday

Iyengar Yoga	8.40-9.55am	G*	Jane
BodyPump™	10.05-11.05am	G	Nikki P
Bootcamp (outdoor)	10.15-11.15am	G	Sam/Niall
Hatha Flow	11.15-12.30pm	G*	Mariam
Beginners Yoga	12.30-1.45pm	B	Mariam

B beginner level. Must be completed before attending a general level yoga / Pilates class

G general level class, suitable for all

I intermediate level class, suitable for those who are experienced with exercise and wanting more of a challenge

A advance level class, suitable for those with plenty of experience

O50 Ref * class aimed for over 50's classes suitable for exercise referral members only
All participants must have completed a beginners class or are experienced in yoga/Pilates before attending the class

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