

POOLS ON THE PARK

Fitness class programme: From 29 April 2019

Monday

Cycle and Abs	7.00-7.45am	G	Tony	Studio 2
Iyengar Yoga	9.25-10.40am	G	Janette	Studio 1
Indoor Cycling	10.00-10.45am	G	Hamid	Studio 2
Zumba	10.45-11.30am	G	Liz	Studio 1
Indoor Cycling	1.15-2.00pm	G	Tim	Studio 2
Indoor Cycling	6.40-7.25pm	G	Gary	Studio 2
Functional Pilates	6.30-7.25pm	G	Liz	Studio 1
Insanity™	7.30-8.15pm	G	Liz	Studio 1
Stretch & Flex	8.15-9.00pm	G	Liz	Studio 1

Tuesday

Yoga Flow	6.45-8.00am	I	Tim	Studio 1
Aquafit	10.05-10.50am	G	Ali	Pool
Latin Tone	10.00-10.55am	G	Nuria	Studio 1
Pilates on the Ball	11.00-11.55am	I/A	Laureen	Studio 1
Body Pump™	12 noon-12.45pm	G	Akiko	Studio 1
Indoor Cycling	1.00-1.45pm	G	Tara	Studio 2
Dynamic Yoga	1.15-2.15pm	G	Ruta	Studio 1
Body Pump™	6.30-7.15pm	G	TBA	Studio 1
Indoor Cycling	6.45-7.30pm	G	Aga	Studio 2
Zumba Tone	7.20-8.05pm	G	Dee	Studio 1
Aquafit	7.45-8.30pm	G	Aga	Pool
Total Body Circuits	8.30-9.30pm	G	Phil	Studio 1

Wednesday

HIIT™	6.45-7.15am	G	Liz	Studio 1
Iyengar Yoga	9.25-10.40am	G	Janette	Studio 1
Indoor Cycling	9.55-10.40am	G	Tim	Studio 2
Absolution	10.45-11.25am	G	Tim	Studio 1
Aerolatino	11.30am-12.15pm	G	Tori	Studio 1
Indoor Cycling	12.45-1.30pm	G	Chris	Studio 2
Boxercise	6.30-7.25pm	G	Gary	Studio 1
Pilates Matwork	7.30-8.30pm	G	Jo-Ann	Studio 1
Indoor Cycling	7.30-8.15pm	G	Gary	Studio 2

Thursday

Body Pump™	9.45-10.40am	G	Tim	Studio 1
Aquafit	10.05-10.50am	G	Jenny	Pool
Pilates Matwork	11.00am-12noon	G	Laureen	Studio 1
Indoor Cycling	11.30am-12.15pm	G	Tim	Studio 2
Aerolatino	6.30-7.15pm	G	Jeff	Studio 1
Indoor Cycling	6.45-7.30pm	G	Aga	Studio 2
Cardio Step	7.15-8.00pm	G	Jeff	Studio 1
Deep Water Aqua	7.45-8.30pm	G	Aga	Pool

Friday

Insanity™	6.50-7.25am	G	Liz	Studio 1
Indoor Cycling	9.00-9.45am	G	Chris	Studio 2
Total Body Conditioning	9.30-10.15am	G	Tim	Studio 1
Yoga Flow	10.15-11.30am	I/A	Tim	Studio 1
Indoor Cycling	12.30-1.15pm	G	Melissa	Studio 2
Pilates Matwork	1.00-2.00pm	G	Michelle	Studio 1
Mindful Hatha Yoga	6.00-7.15pm	B/G	Kirsty	Studio 1

Saturday

Indoor Cycling	8.45-9.30am	G	Hamid	Studio 2
Total Body Circuits	9.00-10.00am	G	Phil	Studio 1
Zumba	10.05-10.50am	G	Liz	Studio 1
Legs, Bums & Tums	10.50-11.30am	G	Liz	Studio 1
Indoor Cycling	11.35-12.15pm	G	Liz	Studio 2
Body Pump™	11.45-12.30pm	G	Gabrielle	Studio 1
Pilates	12.35-1.20pm	G	Liz	Studio 1

Sunday

Hatha Yoga	9.00-10.00am	B/G	Kirsty	Studio 1
Indoor Cycling	9.15-10.00am	G	Debbie	Studio 2
Body Pump™	10.10-11.05am	G	Debbie	Studio 1
Indoor Cycling	10.15-11.00am	G	Jenny	Studio 2
Dynamic Yoga	11.20-12.35pm	G	Ruta	Studio 1

B Beginners
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

Pools on the Park

Twickenham Road, Richmond, TW9 2SF
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