

**EVERY
DAY.**

**YOUR
WAY.**



**RICHMOND UPON
THAMES MOVES**
FOR A HEALTHIER BOROUGH

Spin Studio Programme

VALID FROM APRIL 2024

MONDAY

7.00am - 7.45am Carin
9.30am - 10.15am Richard/Lucy
6.00pm - 6.45pm Lucy
7.00pm - 7.45pm Julia

TUESDAY

9.30am - 10.15am Lucy
6.30pm - 7.15pm Claire
7.30pm - 8.15pm Claire

WEDNESDAY

7.00am - 7.45am Lucy
9.30am - 10.15am Lucy
6.00pm - 6.45pm Carin
7.00pm - 7.45pm Carin

THURSDAY

9.30am - 10.15am Mara
6.00pm - 6.45pm Lucy

FRIDAY

7.00am - 7.45am Claire
9.30am - 10.15am Claire

SATURDAY

10.30am - 11.15am Richard
11.30am - 12.15pm Richard

SUNDAY

10.00am - 10.45am Ian/Claire

**LBRUT
Sports**

**BOOK YOUR CLASS
ONLINE. DOWNLOAD
OUR APP TODAY!**

Teddington Pools & Fitness Centre
Vicarage Road, Teddington, TW11 8EZ
www.richmond.gov.uk/tpfc

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