

# FITNESS CLASS PROGRAMME

Valid from Monday 28 February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>	<b>STUDIO 1 - CYCLE</b>
6.30am Sprint *	6.30am Sprint *	6.30am Sprint *	6.30am Sprint *	6.30am Sprint *	9.00am RPM *	10.00am Indoor Cycling
9.00am Indoor Cycling	9.00am Indoor Cycling	9.00am RPM* <i>New Class</i>	9.00am Indoor Cycling	9.00am RPM* <i>New Class</i>	10.30am RPM	11.30am The Trip *
10.15am The Trip *	10.15am The Trip *	10.15am The Trip *	10.15am The Trip *	10.15am The Trip *	11.30am The Trip *	2.00pm Sprint *
12.30pm Sprint *	12.30pm Sprint *	12.30pm Sprint *	12.30pm Sprint *	12.30pm Sprint *	2.00pm Sprint *	3.00pm The Trip *
2.00pm RPM *	2.00pm RPM *	2.00pm RPM *	2.00pm RPM *	2.00pm RPM *	3.00pm The Trip *	
5.00pm Sprint *	5.00pm Sprint *	5.00pm Sprint *	5.00pm Sprint *	5.00pm Sprint *		
6.00pm Lift and Nourish Course	6.00pm The Trip *	6.00pm The Trip *	6.00pm The Trip *	6.00pm The Trip *		
6.30pm Hatha Yoga	7.00pm RPM *	7.00pm Indoor Cycling	7.00pm RPM *			
<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>	<b>STUDIO 2 - FITNESS</b>
9.00am Body Pump	10.00am Body Pump	9.00am HIIT (Int) <i>New Time</i>	10.00am Body Pump	10.00am Circuits <i>New Class</i>	10.00am Strength and Conditioning (TBC)	9.00am HIIT
10.00am Body Conditioning (Beg/general)	11.15am Pilates	9.45am Body Conditioning (Int) <i>New Time</i>	11.15am Stretch and Tone	11.30am Dynamic Pilates	11.00am Pilates (Beg)	11.00am Pilates
11.15am Pilates (Beg)	7.00pm HIIT <i>New Class</i>	11.15am Yin Yoga	6.30pm Pilates			
7.00pm Kettlebells	8.00pm Restore	6.30pm Pilates (Int)	7.45pm Zumba Step <i>New Class</i>			
8.00pm Boxercise ** Please bring your own gloves		7.45pm Kettlebells				

Classes are subject to change, please see the website for more information. For details of instructors please refer to our LBRUT Sports app

\* = Virtual Class AWP = All Weather Pitch Sessions Int = Intermediate Beg = Beginner



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