

FITNESS CLASS PROGRAMME



Programme is subject to Government guidelines and may be subject to change.

Valid from June 2022

Monday

Body Tone ●	9.15-10.15am	Naomi
Pilates ●	10.15-11.15am	Naomi
Aqua	11.30-12.15pm	Nikki
Low Impact ●	050 11.45-12.45pm	Stuart
Pilates ●	2:00-3:00pm	Naomi
Falls Prevention	REF 3:15-4:15pm	Naomi
Hatha Yoga ●	4.30-5.45pm	Caroline
Body Pump ●	6.00-6.45pm	Bozena
Zumba ●	7.00-8.00pm	Carly
Pilates ●	8.00-9.00pm	Nikki

Tuesday

Morning Yoga ●	7.00-8.00am	Lucy
Pilates ●	8.15-9.15am	Naomi
Pilates ●	9.15-10.15am	Naomi
Bootcamp ●	9.30-10.30am	Niall/Sam
Iyengar Yoga ●	I 11.00-12.15pm	Pauline
Low Impact ●	050 12.30-1.30pm	Stuart
Active Living	REF 2.00-3.00pm	Sam
Tai Chi ●	6.00-7.00pm	Andi
Body Tone ●	7.00-8.00pm	Sam
Circuits ●	8.00-8.45pm	Sam

Wednesday

Pilates ●	8.15 - 9.15am	Elena
LBT ●	9.15-10.00am	Elena
Pilates ●	10.00-11.00am	Elena
Aqua	11.00 - 11.45am	Nikki
Active Living	REF 11.30-12.30pm	Sam
Falls Prevention	REF 1.00-2.00pm	Naomi
Bone Strength Pilates	2.15-3.15pm	Naomi
Flexibility/Meditation ●	4.30-5.45pm	Mariam
Body Pump ●	6.00-6.45pm	Mike
Iyengar Yoga ●	I 7.00-8.00pm	Fiona
Aqua	7.00-7.45pm	Nikki
Pilates ●	8.00-9.00pm	Nikki

Thursday

Strength & Flow Yoga ●	7.00-8.00am	Lucy
Zumba ●	8.30-9.30am	Tania
Hatha Yoga ●	9.30-10.30am	Mariam
Beginners Yoga ●	B 10.30-11.45pm	Mariam
Pilates ●	12.00-1.00pm	Garry
Low Impact ●	050 1.30-2.30pm	Sam
Active Living	REF 2.45-3.45pm	Sam
Beginners Pilates ●	B 6.00-7.00pm	Hamid
Pilates ●	7.00-8.00pm	Hamid
Boxercise ●	8.00-9.00pm	Hamid

Friday

Beginners Pilates ●	B 9.00-10.00am	Mariam
Bootcamp ●	9.30-10.30am	Niall/Sam
Hatha Yoga ●	10.30-11.45am	Caroline
Aqua	11.00-11.45am	Stuart
Low Impact ●	050 12.00-1.00pm	Stuart
Pilates ●	1.15-2.15pm	Elena
Pi-Yoga ●	4.00 - 5.00pm	Caroline
Barre ●	5.00-6.00pm	Caroline
Zumba ●	6.00-7.00pm	Catia
Yin Yoga/Meditation ●	*/I 7.15-8.30pm	Anna

Saturday

Zumba ●	8.15-9.15am	Tania
Body Tone ●	9.15-10.15am	Sam
Barre ●	11.15-12.15pm	Caroline

Sunday

Hatha Yoga ●	8.30-9.45am	Garry
Body Pump ●	10.00-10.45am	Bozena
Hatha Yoga ●	11.15-12.30pm	Mariam
Beginners Yoga ●	B 12.30-1.45pm	Mariam



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

MAX HEART RATE: ● working between 60-69%. ● working between 70-79%. ● working between 80-89%.

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

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

050 Class aimed for over 50's

REF 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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