

Pools on the Park

Fitness class programme

Valid from 25 April 2016



Monday

Cycle and Abs	7.00-7.45am	G	Monique	Studio 2
Iyengar Yoga	9.30-10.40am	G	Janette	Studio 1
Cycle Tech	9.45-10.00am	B	Jubi	Studio 2
Indoor Cycling	10.00-10.45am	G	Jubi	Studio 2
Zumba	10.45-11.30am	G	Liz	Studio 1
Indoor Cycling	1.15-1.45pm	G	Phil	Studio 2
Body Blitz	2.00-3.00pm	G	Phil	Studio 1
Cycle Tech	6.15-6.30pm	B	Gary	Studio 2
Indoor Cycling	6.30-7.15pm	G	Gary	Studio 2
Pilates Matwork	6.30-7.25pm	G	Paula-Jayne	Studio 1
Insanity	7.30-8.15pm	G	Liz	Studio 1
PiYo	8.20-9.05pm	G	Liz	Studio 1

Tuesday

Yoga Flow	6.45-8.00am	I/A	Tim	Studio 1
AquaFit	10.00-10.45am	G	Ali	Pool
Total Body Workout	10.00-10.55am	G	Helen	Studio 1
Pilates on the Ball	11.00-11.55am	I/A	Laureen	Studio 1
Body Pump	12noon-12.55pm	G	Laura	Studio 1
Indoor Cycling	1.00-1.30pm	G	Phil	Studio 2
Dynamic Yoga	1.15-2.45pm	G	Sarah-Jane	Studio 1
Body Pump™	6.30-7.25pm	G	Lana	Studio 1
Cycle Tech	6.30-6.40pm	B	Julia	Studio 2
Indoor Cycling	6.40-7.25pm	G	Julia	Studio 2
Zumba	7.30-8.15pm	G	Catia	Studio 1
AquaFit	7.45-8.30pm	G	Julia	Pool
Indoor Cycling	7.45-8.30pm	G	Mark M	Studio 2
Total Body Circuits	8.30-9.45pm	G	Phil	Studio 1

Wednesday

Iyengar Yoga	9.30-10.40am	G	Janette	Studio 1
Indoor Cycling	9.55-10.40am	G	Tim	Studio 2
Absolution	10.45-11.25am	G	Tim	Studio 1
Hatha Yoga	11.30am-12.30pm	G	Sarah T	Studio 1
Indoor Cycling	12.45-1.30pm	G	Monique	Studio 2
Boxercise	6.30-7.25pm	G	Gary	Studio 1
Pilates Matwork	7.30-8.30pm	G	Jo-Ann	Studio 1
Indoor Cycling	7.45-8.15pm	G	Gary	Studio 2

Thursday

Body Pump™ Tech	9.30-9.45am	B	Tim	Studio 1
Body Pump™	9.45-10.40am	G	Tim	Studio 1
AquaFit	10.00-10.45am	G	Jenny	Pool
Pilates Matwork	11.00am-12noon	I	Laureen	Studio 1
Indoor Cycling	11.30am-12.15pm	G	Lana	Studio 2
Aerolatino	6.30-7.25pm	G	Jeff	Studio 1
Indoor Cycling	6.45-7.30pm	G	Tim	Studio 2
Cardio Step	7.30-8.15pm	G	Jeff	Studio 1
Deep Water Aqua	7.45-8.30pm	G	Julia	Pool

Friday

MetaFit	7.00-7.30am	G	Monique	Studio 1
Indoor Cycling	9.00-9.45am	G	Mark R	Studio 2
Total Body Conditioning	9.45-10.25am	G	Tim	Studio 1
Yoga Flow	10.30-12noon	I/A	Tim	Studio 1
Indoor Cycling	12.30-1.15pm	G	Nick	Studio 2
Pilates Matwork	1.15-2.15pm	G	Michelle	Studio 1
Mindful Hatha Yoga	6.00-7.30pm	B/G	Kirsty	Studio 1

Saturday

Cycle Tech	8.30-8.45am	B	Monique	Studio 2
Indoor Cycling	8.45-9.30am	G	Monique	Studio 2
Total Body Circuits	9.00-10.20am	G	Phil	Studio 1
Zumba	10.30-11.25am	G	Veronica	Studio 1
Absolution	11.30-11.55am	G	Veronica	Studio 1
Iyengar Yoga	12noon-1.30pm	G	Janette	Studio 1
Indoor Cycling	12noon-12.45pm	G	Liz	Studio 2
Pilates	3.15-4.15pm	G	Liz	Studio 1
Yin Yoga	4.20-5.20pm	G	Charlie	Studio 1

Sunday

Indoor Cycling	9.15-10.00am	G	Debbie	Studio 2
Body Pump™ Tech	10.05-10.15am	B	Debbie	Studio 1
Body Pump™	10.15-11.15am	G	Debbie	Studio 1
MetaFit	11.25am-12.10pm	G	Monique	Studio 1
Dynamic Yoga	12.15-1.45pm	G	Ruta	Studio 1
Mindful Hatha Yoga	3.00-4.15pm	B/G	Kirsty	Studio 1
Indoor Cycling	5.45-6.30pm	G	Liz	Studio 2

Key B - beginners

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

G - general level class, suitable for all

Pools on the Park

Twickenham Road, Richmond TW9 2SF

Phone: 020 3772 2999 Email: leisure@richmond.gov.uk

