

FITNESS CLASS PROGRAMME



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

Valid from May 2023

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 | Richard |
| 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 |
| Iyengar Yoga ● | I 11:00-12:15pm | Pauline |
| Low Impact ● | 050 12:30-1:30pm | Sam |
| 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 |
| 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 | Julia |
| 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 |
| Hatha Yoga ● | 10:30-11:45am | Caroline |
| Aqua | 11:00-11:45am | Liz |
| Low Impact ● | 050 12:00-1:00pm | Elena |
| Pilates ● | 1:15-2:15pm | Elena |
| Pi-Yoga ● | 4:00 - 5:00pm | Caroline |
| Barre ● | 5:00-6:00pm | Caroline |
| Zumba ● (NEW INSTRUCTOR) | 6:00-7:00pm | Livia |
| Yin Yoga/Meditation ● | *I 7:15-8:30pm | Anna |

Saturday

| | | |
|--------------------|---------------|----------|
| Zumba ● | 8.15-9.15am | Tania |
| Body Tone ● | 9.15-10.15am | Sam |
| HIIT ● (NEW CLASS) | 10.15-10.45am | 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!

LBRUT Sports

MAX HEART RATE:

● working between 60-69%. ● working between 70-79%. ● working between 80-89%. ● working to 90%.

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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