



EVERY DAY.

YOUR WAY.

 RICHMOND UPON THAMES MOVES
Part of Wandsworth Design and Print

Fitness Class Programme

Valid from Tuesday 2 April 2024

HAMPTON SPORTS & FITNESS	WHITTON SPORTS & FITNESS
MONDAY 7.00-7.45pm Full Body Circuits 8.00-9.00pm Vinyassa Yoga Flow	TUESDAY 7.00-8.00pm Circuits NEW CLASS 8.00-9.00pm Pilates NEW CLASS
WEDNESDAY 7.00-7.45pm Stretch and Core 8.00-9.00pm Yoga Hampton Sports & Fitness Centre classes are taught by Tia Orban	Whitton Sports & Fitness Centre classes are taught by Anna Krawczyk

Fitness classes are free for all Feel Good Fitness members.

020 3772 2999

Hampton Sports and Fitness Centre
Hampton High, Hanworth Road,
Hampton, TW12 3HB
www.richmond.gov.uk/hsfsc

Whitton Sports and Fitness Centre
Twickenham School, Percy Road,
www.richmond.gov.uk/wsfsc

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Book your class online. Download our App today!

