

FITNESS CLASS PROGRAMME

Valid from Monday 20 September 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 - CYCLE	STUDIO 1 - CYCLE	STUDIO 1 - CYCLE	STUDIO 1 - CYCLE	STUDIO 1 - CYCLE	STUDIO 1 - CYCLE	STUDIO 1 - CYCLE
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 Indoor Cycling	9.00am Indoor Cycling	9.00am Indoor Cycling	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 *		
7.00pm Indoor Cycling	7.00pm RPM *	7.00pm Indoor Cycling	7.00pm RPM *			
STUDIO 2 - FITNESS	STUDIO 2 - FITNESS	STUDIO 2 - FITNESS	STUDIO 2 - FITNESS	STUDIO 2 - FITNESS	STUDIO 2 - FITNESS	STUDIO 2 - FITNESS
9.00am Body Pump <i>New Time</i>	7.30am Strength <i>New Class</i>	9.15am HIIT (Int) <i>New Class</i>	10.00am Body Pump	7.30am Metcon <i>New Time</i>	8.45am Circuits (Int) <i>New Class</i>	9.00am HIIT
10.00am Body Conditioning (Beg/general)	10.00am Body Pump <i>New Class</i>	10.00am Body Conditioning (Int)	11.15am Stretch and Tone <i>New Time</i>	10.00am Body Conditioning (General)	11.00am Pilates (Beg)	11.00am Pilates
11.15am Pilates (Beg) <i>New Time</i>	11.15am Pilates <i>New Time</i>	11.15am Yin Yoga <i>New Time</i>	6.30pm Restorative Pilates <i>New Class</i>	11.20am Dynamic Pilates <i>New Time ** 55mins class</i>		
6.30pm Hatha Yoga	12.30pm Circuits <i>New Class</i>	6.30pm Pilates (Int)	7.45pm Strength Conditioning (Int) <i>New Class</i>	12.30pm Circuits* <i>New Class</i>		
8.00pm Boxercise <i>New Class</i> ** Please bring your own gloves	7.00pm Tabata	8.00pm Kettlebells <i>New Class</i>				
	8.00pm Restore					

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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