

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

# FITNESS CLASS PROGRAMME

Valid from October 2021

LBRUT  
Sports

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## Monday

Body Tone ●		9.15-10.15am	Naomi
Pilates ● NEW TIME		10.15-11.15am	Naomi
Aqua NEW TIME		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 ● NEW CLASS		6.00-6.45pm	Bozena
Zumba ● NEW TIME		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 ● NEW TIME		9.15-10.15am	Naomi
Bootcamp ● NEW TIME		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
Meditation ●		3.15-4.30pm	Mariam
Tai Chi ● NEW TIME		6.00-7.00pm	Andi
Body Tone ●		7.00-8.00pm	Sam
Circuits ● NEW TIME		8.00-8.45pm	Sam

## Wednesday

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

## Thursday

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

## Friday

Beginners Pilates ●	B	9.00-10.00am	Mariam
Bootcamp ● NEW TIME		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 ● NEW TIME		4.00 - 5.00pm	Caroline
Barre ● NEW TIME		5.00-6.00pm	Caroline
Zumba ●		6.00-7.00pm	Mario
Yin Yoga/Meditation ●	*/I	7.15-8.30pm	Anna

## Saturday

Zumba ●		8.15-9.15am	Tania
Body Tone ● NEW TIME		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	Julia
Hatha Yoga ●		11.15-12.30pm	Mariam
Beginners Yoga ● NEW TIME	B	12.30-1.45pm	Mariam

**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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