



FITNESS CLASS PROGRAMME



Valid from April 2024

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 (NEW INSTRUCTOR) ●		7.00-8.00pm	Tania
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
Living Well	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
Living Well	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	10.30-11.30pm	Mariam
Pilates ●		12.00-1.00pm	Julia
Low Impact ●	050	1.30-2.30pm	Sam
Living Well	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 G
Barre ●		5.00-6.00pm	Caroline G
Zumba ●		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 ●		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	12.30-1.30pm	Mariam

BOOK YOUR CLASS ONLINE. DOWNLOAD OUR APP TODAY!



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

Teddington Pools & Fitness Centre
Vicarage Road, Teddington TW11 8EZ
www.richmond.gov.uk/tpfc

020 3772 2999

