



**EVERY
DAY.**

**YOUR
WAY.**



**RICHMOND UPON
THAMES MOVES**
FOR A HEALTHIER BOROUGH

Fitness Class Programme

Valid from Monday 8 September 2025

HAMPTON SPORTS & FITNESS

MONDAY

7.00-7.45pm Full Body Circuits
8.00-9.00pm Vinyassa Yoga Flow

TUESDAY

7.30-8.30pm Chinese Dance
NEW CLASS

WEDNESDAY

7.00-7.45pm Stretch and Core
8.00-9.00pm Yoga

WHITTON SPORTS & FITNESS

TUESDAY

6.00-7.00pm Yin Yoga
7.00-8.00pm Pilates

Hampton Sports & Fitness Centre classes
are taught by Tia Orbana, Chinese Dance
will be taught by Kit Ying Lam

Whitton Sports & Fitness Centre classes
are taught by Anna Krawczyk

Fitness classes are free
for all members.

020 3772 2999

Hampton Sports and Fitness Centre

Hampton High, Hanworth Road,
Hampton TW12 3HB
www.richmond.gov.uk/hsfc

Whitton Sports and Fitness Centre

Twickenham School, Percy Road,
Whitton TW2 6JW
www.richmond.gov.uk/wsfc

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Sports**

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LONDON BOROUGH OF
RICHMOND UPON THAMES