

FITNESS CLASS PROGRAMME

Valid from October 2025

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
9.15am RPM *	9.00am Indoor Cycling	9.00am RPM *	9.00am Indoor Cycling	9.00am RPM *	10.00am RPM * NEW TIME	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 The Trip *	6.00pm The Trip *	6.00pm The Trip *	6.00pm The Trip *	6.00pm The Trip *		
7.10pm Kettlebells	7.00pm RPM *	7.00pm Functional Fitness	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	10.00am Body Pump	9.45am Body Conditioning (Int)	10.00am Body Pump	9.00am Flow Yoga	9.00am Legs, Burns and Tums	9.00am HIIT
10.00am Body Conditioning (Beg/general)	11.00am Pilates	11.15am Yin Yoga	11.15am Stretch and Tone	10.00am Body Conditioning	10.00am Stretch and Tone	11.00am Pilates
11.00am Pilates (Beg)	7.00pm Tabata	6.30pm Pilates (Int)	12.30pm Falls Prevention **	11.00am Pilates	11.00am Pilates (Beg)	
6.00pm Power Yoga	7.45pm Kettlebells (Beg)	7.45pm Kettlebells	7.30pm Vinyasa Yoga			
8.00pm Boxercise						

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 ** Referral Only



020 3772 2999
www.richmond.gov.uk/sports

Shene Sport & Fitness Centre
Richmond Park Academy,
Park Avenue, East Sheen SW14 8AT

