



Fitness Class Programme

Valid from Tuesday 2 January 2024

HAMPTON SPORTS & FITNESS

MONDAY

7.00-7.45pm Full Body Circuits **NEW CLASS**

8.00-9.00pm Vinyassa Yoga Flow **NEW CLASS**

WEDNESDAY

7.00-7.45pm Stretch and Core

8.00-9.00pm Yoga

Hampton Sports & Fitness Centre classes are taught by Tia Orban

WHITTON SPORTS & FITNESS

TUESDAY

7.00-8.00pm Pilates

Whitton Sports & Fitness Centre classes are taught by Anna Krawczyk

Fitness classes are free for all Feel Good Fitness 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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Fitness

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RICHMOND UPON THAMES