



EVERY DAY.

YOUR WAY.



RICHMOND UPON THAMES MOVES FOR A HEALTHIER BOROUGH

# Fitness Class Programme

Valid from Tuesday 17 September 2024

## HAMPTON SPORTS & FITNESS CENTRE

### MONDAY

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

### 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 CENTRE

### TUESDAY

6.00-7.00pm Pre-Post Natal Exercise Class **NEW CLASS**  
7.00-8.00pm Pilates **NEW CLASS**

Whitton Sports & Fitness Centre classes are taught by Anna Krawczyk

Fitness classes are free for all members.

020 3772 2999

### Hampton Sports & Fitness Centre

Hampton High, Hanworth Road, Hampton, TW12 3HB  
[www.richmond.gov.uk/hsfc](http://www.richmond.gov.uk/hsfc)

### Whitton Sports & Fitness Centre

Twickenham School, Percy Road, Whitton, TW2 6JW  
[www.richmond.gov.uk/wsfsc](http://www.richmond.gov.uk/wsfsc)

Designed and Produced by Richmond and Wandsworth Design & Print. [wdp@wandsworth.gov.uk](mailto:wdp@wandsworth.gov.uk) EC730 (8.24)



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LONDON BOROUGH OF RICHMOND UPON THAMES