



**EVERY
DAY.**

**YOUR
WAY.**



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

Fitness Class Programme

Valid from Tuesday 1 April 2025

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 Yin Yoga **NEW CLASS**

7.00-8.00pm Pilates

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

Whitton Sports & Fitness Centre

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

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Sports**

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our App today!



**LONDON BOROUGH OF
RICHMOND UPON THAMES**