

**New classes
now available**

Shene Sports & Fitness Centre

Fitness class and cycle studio programme from Monday 16 April

STUDIO ONE

MONDAY

9.30-10.15am Indoor Cycling
7.00-7.45pm Indoor Cycling

TUESDAY

9.30-10.15am Beg/Int Indoor Cycling
6.30-7.15pm Kettlebells **NEW**
7.30-8.15pm Indoor Cycling and Core **NEW TIME**

WEDNESDAY

9.30-10.15am Indoor Cycling
6.30-7.30pm Beginners Yoga **NEW**
7.30-8.30pm Vinyasa Yoga

THURSDAY

9.30-10.15am Indoor Cycling and Core
7.15-8.00pm Kettlebells **NEW**

FRIDAY

9.30-10.15am Indoor Cycling and Core

SATURDAY

9.15-10.00am Indoor Cycling
10.15-11.00am Indoor Cycling
11.15-12noon FGF Express **NEW**

SUNDAY

9.45-10.30am Indoor Cycling **NEW TIME**

Beg/Int - Beginners/Intermediate.
Int/Adv - Intermediate/Advanced

* class starts in May

STUDIO TWO

MONDAY

7.15-7.45am FGF Express **NEW**
8.30-9.30am Body Pump™
10.00-11.00am Body Conditioning
12.30-1.30pm Pilates Int/Adv
3.00-4.00pm Active Living* **NEW**
6.30-7.00pm FGF Express **NEW**
7.00-8.00pm Body Pump™ **NEW TIME**
8.00-9.00pm Boxercise **NEW**

TUESDAY

7.15-7.45am FGF Express **NEW**
9.30-10.30am Body Pump™
12.30-1.30pm Hatha Yoga
6.30-7.00pm FGF Express **NEW**
7.00-7.45pm Tabata
8.00-9.00pm Iyengar Yoga

WEDNESDAY

8.30-9.30am Body Pump™
10.00-11.00am Body Conditioning
11.05-11.50am Core Blast
2.00-3.00pm Active Living* **NEW**
6.30-7.00pm FGF Express **NEW**

7.15-8.15pm Body Pump™
8.30-9.30pm Beginners Pilates **NEW**

THURSDAY

7.15-7.45am FGF Express **NEW**
9.15-10.15am Body Pump™
10.30-11.00am HIIT
11.15-12.15pm Stretch and Tone
7.00-8.00pm Hatha Yoga
8.00-9.00pm Pilates Int/Adv

FRIDAY

7.15-7.45am FGF Express **NEW**
9.15-10.15am Body Pump™
10.30-11.30am Body Conditioning
12noon-1.00pm Pilates (all levels) **NEW TIME**

SATURDAY

9.00-10.00am Boxercise **NEW**
10.00-11.00am Body Pump™ **NEW**
11.00-12noon Beginners Pilates **NEW**

SUNDAY

9.00-9.30am FGF Express **NEW**
10.30-11.30am Hatha Yoga

PAY AS YOU GO

Individual class **£5.40** £6.20
Bundle of 10 classes **£49.20** £56.00
Bundle of 20 classes **£94.50** £105.00

Bundle of 30 classes **£126.50** £145.00
Richmond Card prices in bold

Classes are subject to change, please see the website for further information

Shene Sports and Fitness Centre

Richmond Park Academy, Park Avenue, East Sheen SW14 8AT

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www.richmond.gov.uk/sports

