



CIRCUIT CLASSES

Circuit classes at Richmond rugby club.
 Everyone welcome! The session is a combination
 of weights and cardio, each exercise will be adapted
 to each individuals' strengths and ability.
 Turn up, work hard and get a sweat on!

Monday / Wednesday / Friday – 6.30am, 9.30am and 6.30pm.

Saturday - 8am Sunday – 8.30am and 9.30am

First session FREE then £10 per session

Richmond Rugby Club Richmond Athletic Ground
 Kew Foot Road, Richmond TW9 2SS



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<https://www.theperformanceworks-pt.com/group-classes>