

Kew Riverside Gym Classes Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Mind and Body 7:30-8:25AM Hedi		Strength & Sculpt 7:30-8:15AM Hedi	Mind and Body 7:30-8:25AM Hedi			
8:00 AM							Strength & Sculpt 8:00-8:45AM Hedi
9:00 AM			Yoga / Pilates 9:30-10:30AM Natalie				Mind and Body 9:00-9:45AM Hedi
10:00 AM							Body Tone/Circuits 10:30-11:30AM Silvia
11:00 AM							
12:00 PM		Mind and Body 12:00-12:55PM Hedi		Yoga / Pilates 12:00-1:00PM Natalie	Mind and Body 12:00-12:55PM Hedi	Mind and Body 12:00-12:55PM Hedi	
5:00 PM	Strength & Sculpt 5:30-6:15PM Hedi						
6:00 PM	Yoga / Pilates 6:30-7:30PM Natalie	Body Tone 6:30-7:30PM Silvia					
7:00 PM			Flexible & Strong + Core 7:00-8:00PM Silvia	Latino Fitness Dance 7:00-8:00PM Silvia			

Classes description

Mind and Body is a holistic class designed to nurture both physical and mental wellbeing. Begin with gentle yoga flows to warm up and increase flexibility, move into pilates-inspired core strengthening exercises, and finish with guided meditation and breathwork to restore calm. Perfect for reducing stress, improving posture, and finding balance in your busy life. All levels welcome.

Strength & sculpt is a dynamic full-body workout using dumbbells to build strength, tone muscles, and improve overall fitness. Burn calories, increase bone density, and leave feeling stronger. Suitable for all levels with modifications available.

Body Tone is a full-body conditioning workout using free dumbbells to improve strength, muscle tone, endurance, and overall fitness. The class combines functional exercises to target upper body, lower body, and core exercises in a dynamic and effective workout suitable for all fitness levels. Also we work balance and coordination that leaves entire body feeling stronger and energized.

Flexible & Strong is a balanced class designed to improve both flexibility and strength. Through a combination of mobility exercises, stretching, bodyweight movements, and light resistance training or fitness balls, you'll build a stronger, more resilient body while increasing flexibility, posture, and overall movement quality. Suitable for all fitness levels, this full-body workout helps you move better, feel stronger, and reduce everyday stiffness.

Latino Fitness Dance is suitable for all levels; Get ready to move, sweat, and have fun! This high-energy dance fitness class combines vibrant Latin rhythms with easy-to-follow choreography for a full-body workout. Dance to salsa, merengue, reggaeton, bachata, and more while improving cardiovascular fitness, coordination, balance, and endurance. Suitable for all fitness levels, this class is designed to make exercise enjoyable, boost your mood, and leave you feeling energized and empowered. 🕺💧🔥

Vinyasa Flow Yoga Connect movement to breath in this dynamic and energizing class!. We will flow through creative, continuous sequences that build heat, strength and flexibility. Modifications and variations will be provided to suit beginners to more experienced, making the class both challenging and accessible for all levels. Builds strength, flexibility, body-mind connection, and reduces stress along with breaking a sweat.

Gentle Yoga is a relaxing, slow-paced, low-impact class designed for all levels. We focus on mindful movement and breathing with floor-based poses, gentle stretching and standing poses with support if needed (like blocks, straps and bolsters). Suitable for all body types, ages and experience, including those with limited mobility or recovering from injuries.

Pilates is a low-impact, full body conditioning workout that focused on building a strong core, improving posture and increasing flexibility. This class incorporates controlled breathing and precise movements using either just your body weight on a mat or sometimes small props for core-focused, total-body toning. Great for beginners and those with more experience!