

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 30/04/2024

Times for Wednesday 17 August



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:30 am	Les Mills BODYPUMP™	The Studio	Virtual	
7:35 am - 8:05 am	Les Mills CORE™	The Studio	Virtual	
9:15 am - 10:10 am	Body Conditioning	The Studio	Debbie	
10:15 am - 11:00 am	Step Aerobics	The Studio	Debbie	
11:05 am - 12:00 pm	Pilates	The Studio	Debbie	
12:15 pm - 1:00 pm	SH'BAM™	The Studio	Virtual	
1:30 pm - 2:30 pm	Steady & Strong	The Studio	Activity Referral	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Phil	
7:00 pm - 7:45 pm	Kettlebells	The Studio	Phil	
8:05 pm - 8:50 pm	Les Mills BODYBALANCE™	The Studio	Virtual	