

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 10/05/2024

Times for Thursday 18 August



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:45 am	SH'BAM™	The Studio	Virtual	
9:15 am - 10:10 am	Body Conditioning	The Studio	Debbie	
10:15 am - 11:10 am	Zumba®	The Studio	Sam	
2:00 pm - 3:00 pm	Cardiac Circuits	The Studio	Activity Referral	
5:15 pm - 5:45 pm	SYNRGY	The Gym	Phil	
6:00 pm - 6:55 pm	Yoga	The Studio	Debbie N	
6:00 pm - 6:55 pm	Boxercise	Sports Hall	Phil	
6:35 pm - 7:30 pm	Aqua Aerobics	Main Pool	Sue	