

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 27/04/2024

| Times for Saturday 20 August | | | | |
|------------------------------|------------------------|------------|------------|---------|
| Time | Session | Facility | Instructor | # Lanes |
| 9:30 am - 10:15 am | Les Mills BODYPUMP™ | The Studio | Luke | |
| 10:25 am - 11:20 am | Les Mills BODYBALANCE™ | The Studio | Luke | |