

# Group Fitness Timetable

## Ringwood Health and Leisure

Accurate as of 09/04/2024

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	