

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 05/05/2024

Times for Sunday 21 August				
Time	Session	Facility	Instructor	# Lanes
9:00 am - 9:45 am	Studio Cycling	Cycling Studio	Andy	
9:05 am - 9:50 am	SH'BAM™	The Studio	Virtual	
10:15 am - 11:10 am	Yoga	The Studio	Debbie N	