Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 12/10/2024

Times for Tuesday 23 August

Time	Session	Facility	Instructor	# Lanes
6:30 am - 7:00 am	Les Mills BODYATTACK™	The Studio	Virtual	
7:05 am - 7:35 am	Les Mills BODYBALANCE™	The Studio	Virtual	
8:30 am - 9:00 am	SYNRGY	The Gym	Kalin	
9:15 am - 10:10 am	Body Conditioning	The Studio	Sammy	
10:20 am - 11:15 am	Pilates	The Studio	Sammy	
5:00 pm - 5:30 pm	Les Mills GRIT™ Cardio	The Studio	Virtual	
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	Sports Hall	Luke	
7:00 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Linda	
7:05 pm - 7:50 pm	Studio Cycling	Cycling Studio	Phil	