

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 07/05/2024

Times for Friday 26 August



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:15 am	Les Mills GRIT™ Cardio	The Studio	Virtual	
7:20 am - 8:05 am	Les Mills BODYCOMBAT™	The Studio	Virtual	
9:00 am - 9:55 am	Body Conditioning	The Studio	Kerry	
9:30 am - 10:15 am	Studio Cycling	Cycling Studio	Phil	
10:00 am - 10:55 am	Les Mills BODYBALANCE™	The Studio	Sam	
10:00 am - 10:55 am	Aqua Aerobics	Main Pool	Kerry	
11:00 am - 12:00 pm	Health Circuits	The Studio	Activity Referral	
12:15 pm - 1:15 pm	COPD Circuits	The Studio	Activity Referral	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Andy	
7:00 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Virtual	