

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 20/05/2024

Times for Tuesday 23 April



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	
12:30 pm - 1:00 pm	Les Mills GRIT™ Strength	The Studio	Virtual	
1:05 pm - 1:35 pm	Les Mills BODYBALANCE™	The Studio	Virtual	
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	Sports Hall	Luke	
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	The Studio	Virtual	
7:00 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Linda	
7:05 pm - 7:50 pm	Studio Cycling	Cycling Studio	Phil	