

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 19/05/2024

Times for Saturday 27 April				
Time	Session	Facility	Instructor	# Lanes
8:15 am - 9:15 am	Les Mills BODYCOMBAT™	The Studio	Virtual	
9:30 am - 10:15 am	Les Mills BODYPUMP™	The Studio	Luke	
10:25 am - 11:20 am	Les Mills BODYBALANCE™	The Studio	Luke	