

Group Fitness Timetable

Ringwood Health and Leisure

Accurate as of 09/05/2024

Times for Monday 29 April



Time	Session	Facility	Instructor	# Lanes
9:15 am - 10:10 am	Body Conditioning	The Studio	Debbie	
9:15 am - 10:15 am	Les Mills BODYBALANCE™	Cycling Studio	Luke	
10:00 am - 10:55 am	Aqua Aerobics	Main Pool	Caroline	
10:30 am - 11:00 am	SYNRGY	The Gym	Kalin	
10:35 am - 11:30 am	Pilates	The Studio	Debbie	
1:15 pm - 2:15 pm	Steady & Strong	The Studio	Activity Referral	
2:30 pm - 3:30 pm	Health Circuits	The Studio	Activity Referral	
5:15 pm - 5:45 pm	SYNRGY	The Gym	Kalin	
5:25 pm - 5:55 pm	HIIT	The Studio	Phil	
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	The Studio	Virtual	
6:00 pm - 7:00 pm	Studio Cycling	Cycling Studio	Phil	