

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 30/04/2024

Times for Monday 15 August



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:45 am	Studio Cycling	Cycling Studio	Andy B	
9:00 am - 9:45 am	Studio Cycling	Cycling Studio	Ruth	
9:15 am - 10:00 am	Body Conditioning	Studio 1	Karen C	
10:05 am - 10:50 am	Kettlercise®	Studio 1	Karen C	
11:15 am - 12:15 pm	Health Circuits	Studio 1	Activity Referral	
12:05 pm - 12:50 pm	Aqua Aerobics	Main Pool	Kerry	
1:30 pm - 2:30 pm	Chair Yoga	Studio 1	Louise	
5:45 pm - 6:15 pm	HIIT	Studio 1	Nicky	
5:50 pm - 6:45 pm	Les Mills BODYPUMP™	Sports Hall	Alysha	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Louise	
6:55 pm - 7:25 pm	Studio Cycling	Cycling Studio	Louise	
7:35 pm - 8:30 pm	Les Mills BODYBALANCE™	Studio 1	Louise	