

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 30/04/2024

Times for Wednesday 17 August



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:45 am	Les Mills BODYBALANCE™	Studio 1	Louise	
8:00 am - 8:45 am	Kettlercise®	Studio 1	Karen C	
9:05 am - 10:00 am	Les Mills BODYPUMP™	Studio 1	Natasha	
10:05 am - 11:00 am	Les Mills BODYCOMBAT™	Studio 1	Natasha	
11:15 am - 12:10 pm	Yoga Course	Studio 2	Jenni	
1:15 pm - 2:15 pm	Steady & Strong	Studio 1	Activity Referral	
2:30 pm - 3:30 pm	Steady & Strong	Studio 1	Activity Referral	
5:25 pm - 5:55 pm	Suspension Training	Studio 1	Dan	
6:00 pm - 6:30 pm	HIIT	Studio 1	Dan	
6:00 pm - 6:55 pm	Les Mills BODYBALANCE™	Sports Hall	Nicky	
7:05 pm - 8:00 pm	Les Mills BODYPUMP™	Sports Hall	Karen C	