

# Group Fitness Timetable

## New Milton Health and Leisure

Accurate as of 29/04/2024

Times for Sunday 21 August				
Time	Session	Facility	Instructor	# Lanes
9:15 am - 10:00 am	Studio Cycling	Cycling Studio	Becky	
10:05 am - 11:00 am	Les Mills BODYBALANCE™	Sports Hall	Ella	