Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 12/10/2024

Times for Tuesday 23 August

Time	Session	Facility	Instructor	# Lanes
9:15 am - 10:10 am	Stretch & Tone	Studio 1	Kerry	
9:20 am - 10:05 am	Studio Cycling	Cycling Studio	Louise	
10:20 am - 11:15 am	Les Mills BODYBALANCE™	Studio 1	Louise	
10:30 am - 11:25 am	Aqua Aerobics	Main Pool	Kerry	
11:30 am - 12:30 pm	Chair Yoga	Studio 1	Louise	
1:00 pm - 2:00 pm	Health Circuits	Studio 1	Activity Referral	
2:15 pm - 3:15 pm	COPD Circuits	Studio 1	Activity Referral	
6:00 pm - 6:55 pm	Les Mills BODYCOMBAT™	Sports Hall	Natasha	
7:05 pm - 8:00 pm	Circuits	Sports Hall	Steve	