

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 24/04/2024

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 | |
| 6:10 pm - 6:55 pm | Studio Cycling | Cycling Studio | Ruth | |
| 7:05 pm - 8:00 pm | Circuits | Sports Hall | Steve | |