

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 04/05/2024

Times for Sunday 28 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	