

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 17/05/2024

Times for Wednesday 17 April



| 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 | |
| 8:45 am - 9:40 am | Pilates | Studio 2 | Ella | |
| 9:05 am - 10:00 am | Les Mills BODYPUMP™ | Studio 1 | Natasha | |
| 9:50 am - 10:45 am | Pilates Course | Studio 2 | Ella | |
| 10:05 am - 11:00 am | Les Mills BODYCOMBAT™ | Studio 1 | Natasha | |
| 10:10 am - 10:55 am | Aqua Aerobics | Main Pool | Verity | |
| 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 - 6:45 pm | Studio Cycling | Cycling Studio | Becky | |
| 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 | |