

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 17/05/2024

Times for Thursday 18 April



Time	Session	Facility	Instructor	# Lanes
9:00 am - 9:55 am	Les Mills BODYCOMBAT™	Studio 1	Natasha	
9:30 am - 10:25 am	Yoga	Studio 2	Jenni	
10:00 am - 10:30 am	Total Abs	Studio 1	Natasha	
10:35 am - 11:00 am	Stretch & Tone	Studio 1	Natasha	
11:15 am - 12:15 pm	Cardiac Circuits	Studio 1	Activity Referral	
12:30 pm - 1:30 pm	COPD Circuits	Studio 1	Activity Referral	
2:15 pm - 3:15 pm	Health Circuits	Studio 1	Activity Referral	
6:00 pm - 6:55 pm	Les Mills BODYPUMP™	Sports Hall	Natasha	
6:20 pm - 6:50 pm	Studio Cycling	Cycling Studio	Becky	
7:05 pm - 7:50 pm	Studio Cycling	Cycling Studio	Becky	
7:05 pm - 8:00 pm	Les Mills BODYBALANCE™	Sports Hall	Natasha	
7:05 pm - 8:00 pm	HIIT	Studio 1	Steve	