

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 20/04/2024

Times for Friday 19 April



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:45 am	Studio Cycling	Cycling Studio	Nicky	
9:00 am - 9:55 am	Aerobics	Studio 1	Linda	
9:10 am - 9:55 am	Studio Cycling	Cycling Studio	Natasha	
10:10 am - 11:05 am	Les Mills BODYPUMP™	Studio 1	Natasha	
11:15 am - 12:00 pm	Les Mills BODYBALANCE™	Studio 1	Natasha	
5:15 pm - 5:45 pm	Kettlebells	Studio 1	Karen C	
5:50 pm - 6:20 pm	Total Abs	Studio 1	Karen C	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Becky	
6:25 pm - 7:20 pm	Les Mills BODYBALANCE™	Studio 1	Karen C	