

Group Fitness Timetable

New Milton Health and Leisure

Accurate as of 03/05/2024

Times for Saturday 20 April



Time	Session	Facility	Instructor	# Lanes
8:30 am - 9:25 am	Les Mills BODYPUMP™	Studio 1	Karen C	
8:45 am - 9:30 am	Studio Cycling	Cycling Studio	Andy B	
9:35 am - 10:30 am	Dance Fitness	Sports Hall	Nicky	
9:35 am - 10:35 am	HIIT	Studio 1	Nicky	
9:45 am - 10:30 am	Studio Cycling	Cycling Studio	Andy B	
10:35 am - 11:30 am	Les Mills BODYBALANCE™	Studio 1	Nicky	