

# Group Fitness Timetable

## New Milton Health and Leisure

Accurate as of 03/05/2024

### Times for Wednesday 24 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	