

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 03/05/2024

Times for Monday 15 August



Time	Session	Facility	Instructor	# Lanes
9:15 am - 10:10 am	Body Conditioning	The Studio	Karen S	
5:55 pm - 6:50 pm	Les Mills BODYPUMP™	Sports Hall	Kaye	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Toby	
6:55 pm - 7:40 pm	Studio Cycling	Cycling Studio	Toby	
7:05 pm - 8:00 pm	Les Mills BODYBALANCE™	The Studio	Kaye	