

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 03/05/2024

Times for Tuesday 16 August



Time	Session	Facility	Instructor	# Lanes
10:00 am - 10:30 am	Kettlebells	The Studio	Kaye	
10:35 am - 11:30 am	Les Mills BODYBALANCE™	The Studio	Kaye	
5:00 pm - 5:45 pm	Studio Cycling	Cycling Studio	Carlton	
6:00 pm - 6:55 pm	Pilates	The Studio	Suezanne	
7:05 pm - 8:00 pm	Pilates	The Studio	Suezanne	
7:05 pm - 8:00 pm	Body Weight Circuits	Sports Hall	Ella	
8:00 pm - 8:55 pm	Aqua Aerobics	Main Pool	Katie	