

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 04/05/2024

Times for Saturday 20 August



Time	Session	Facility	Instructor	# Lanes
8:10 am - 8:55 am	Studio Cycling	Cycling Studio	Steph	
9:00 am - 9:55 am	Les Mills BODYPUMP™	Sports Hall	Rachael	
10:00 am - 10:55 am	Les Mills BODYBALANCE™	The Studio	Lydia	