

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 03/05/2024

Times for Wednesday 24 August				
Time	Session	Facility	Instructor	# Lanes
9:30 am - 10:25 am	Les Mills BODYPUMP™	Sports Hall	Rachael	
11:00 am - 11:55 am	Aqua Aerobics	Main Pool	Karen S	
6:05 pm - 6:50 pm	Les Mills BODYCOMBAT™	Sports Hall	Kaye	
6:10 pm - 6:55 pm	Studio Cycling	Cycling Studio	Toby	
7:00 pm - 7:45 pm	Body Weight Circuits	Sports Hall	Kaye	