

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 01/05/2024

Times for Friday 26 August



Time	Session	Facility	Instructor	# Lanes
10:15 am - 11:10 am	Les Mills BODYBALANCE™	The Studio	Kaye	
6:05 pm - 7:00 pm	Les Mills BODYCOMBAT™	Sports Hall	Rachael	