

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 18/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor	# Lanes
6:30 am - 7:15 am	Les Mills BODYPUMP™	The Studio	Virtual	
7:00 am - 7:45 am	Studio Cycling	Cycling Studio	Kaz	
9:10 am - 9:55 am	Les Mills BODYCOMBAT™	The Studio	Kaye	
9:30 am - 10:20 am	RPM™	Cycling Studio	Virtual	
10:00 am - 10:30 am	Kettlebells	The Studio	Kaye	
10:35 am - 11:30 am	Les Mills BODYBALANCE™	The Studio	Kaye	
12:00 pm - 12:45 pm	Les Mills BODYPUMP™	The Studio	Virtual	
5:00 pm - 5:45 pm	Studio Cycling	Cycling Studio	Carlton	
5:00 pm - 5:45 pm	Les Mills SH'BAM™	The Studio	Virtual	
6:00 pm - 6:55 pm	Pilates	The Studio	Suezanne	
6:00 pm - 6:55 pm	Zumba®	Sports Hall	Katie Zumba	
6:05 pm - 6:50 pm	Les Mills THE TRIP™	Cycling Studio	Virtual	
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	