

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 28/04/2024

Times for Thursday 25 April



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:30 am	Les Mills SPRINT™	Cycling Studio	Virtual	
7:00 am - 7:45 am	Les Mills BODYPUMP™	The Studio	Kaz	
9:00 am - 9:55 am	Yoga	The Studio	Karen T	
9:10 am - 9:55 am	Les Mills THE TRIP™	Cycling Studio	Virtual	
10:00 am - 10:55 am	Yoga	The Studio	Karen T	
5:00 pm - 5:30 pm	Les Mills BODYCOMBAT™	The Studio	Virtual	
5:00 pm - 5:45 pm	Studio Cycling	Cycling Studio	Carlton	
5:50 pm - 6:35 pm	Les Mills BODYPUMP™	Sports Hall	Rachael	
6:10 pm - 7:00 pm	RPM™	Cycling Studio	Virtual	
7:00 pm - 8:00 pm	Fitness Pilates	The Studio	Suezanne	
8:00 pm - 8:55 pm	Aqua Aerobics	Main Pool	Katie	