

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 05/05/2024

Times for Saturday 27 April



Time	Session	Facility	Instructor	# Lanes
7:45 am - 8:40 am	Les Mills BODYPUMP™	The Studio	Rachael	
8:50 am - 9:45 am	Studio Cycling	Cycling Studio	Steph	
9:00 am - 9:55 am	Les Mills BODYBALANCE™	The Studio	Lydia	
10:00 am - 10:55 am	Les Mills BODYBALANCE™	The Studio	Lydia	