

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 05/05/2024

Times for Monday 29 April



Time	Session	Facility	Instructor	# Lanes
6:30 am - 7:15 am	Les Mills BODYCOMBAT™	The Studio	Virtual	
7:30 am - 8:00 am	Les Mills SPRINT™	Cycling Studio	Virtual	
9:15 am - 10:10 am	Body Conditioning	The Studio	Karen S	
10:20 am - 11:15 am	Pilates	The Studio	Ella	
5:15 pm - 5:45 pm	Les Mills CORE™	The Studio	Virtual	
5:55 pm - 6:50 pm	Les Mills BODYPUMP™	Sports Hall	Kaye	
6:00 pm - 6:45 pm	Studio Cycling	Cycling Studio	Toby	
6:00 pm - 6:45 pm	Les Mills SH'BAM™	The Studio	Virtual	
6:55 pm - 7:40 pm	Studio Cycling	Cycling Studio	Toby	
7:05 pm - 8:00 pm	Les Mills BODYBALANCE™	The Studio	Kaye	