

# Group Fitness Timetable

## Totton Health and Leisure

Accurate as of 05/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Instructor	# Lanes
6:30 am - 7:00 am	Les Mills BODYATTACK™	The Studio	Virtual	
7:05 am - 7:35 am	Les Mills BODYBALANCE™	The Studio	Virtual	
7:20 am - 7:50 am	Les Mills SPRINT™	Cycling Studio	Virtual	
9:15 am - 9:45 am	Les Mills SPRINT™	Cycling Studio	Virtual	
9:15 am - 10:00 am	Les Mills SH'BAM™	The Studio	Virtual	
9:30 am - 10:25 am	Les Mills BODYPUMP™	Sports Hall	Rachael	
10:05 am - 10:35 am	Les Mills BARRE™	The Studio	Virtual	
10:40 am - 11:35 am	Les Mills BODYBALANCE™	The Studio	Virtual	
11:00 am - 11:55 am	Aqua Aerobics	Main Pool	Karen S	
5:30 pm - 6:00 pm	Studio Cycling	Cycling Studio	Toby	
6:00 pm - 7:00 pm	Clubbercise®	Sports Hall	Kaye	
6:05 pm - 6:50 pm	Les Mills BODYCOMBAT™	Sports Hall	Kaye	
6:10 pm - 6:55 pm	Studio Cycling	Cycling Studio	Toby	
7:00 pm - 7:45 pm	Body Weight Circuits	Sports Hall	Kaye	
7:10 pm - 7:55 pm	Les Mills BODYPUMP™	The Studio	Virtual	