

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 19/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:30 am	Les Mills BODYCOMBAT™	The Studio	Virtual	
9:10 am - 9:55 am	Studio Cycling	Cycling Studio	Toby	
9:15 am - 10:10 am	Step Aerobics	The Studio	Caroline	
10:15 am - 11:10 am	Les Mills BODYBALANCE™	The Studio	Kaye	
12:30 pm - 1:30 pm	Steady & Strong	The Studio	Activity Referral	
1:30 pm - 2:30 pm	Health Circuits	The Studio	Activity Referral	
2:30 pm - 3:30 pm	COPD Circuits	The Studio	Activity Referral	
5:25 pm - 6:10 pm	Kettlebells	The Studio	Danielle G	
6:00 pm - 6:30 pm	Les Mills SPRINT™	Cycling Studio	Virtual	
6:05 pm - 7:00 pm	Les Mills BODYCOMBAT™	Sports Hall	Rachael	
7:10 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Virtual	