

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 19/05/2024

Times for Saturday 4 May



Time	Session	Facility	Instructor	# Lanes
8:00 am - 8:45 am	Les Mills SH'BAM™	The Studio	Virtual	
8:10 am - 8:55 am	Studio Cycling	Cycling Studio	Steph	
9:00 am - 9:55 am	Les Mills BODYPUMP™	Sports Hall	Rachael	
9:00 am - 9:55 am	Les Mills BODYBALANCE™	The Studio	Lydia	
10:00 am - 10:55 am	Les Mills BODYBALANCE™	The Studio	Lydia	