

Group Fitness Timetable

Totton Health and Leisure

Accurate as of 19/05/2024

Times for Sunday 5 May



Time	Session	Facility	Instructor	# Lanes
8:30 am - 9:15 am	Les Mills SH'BAM™	The Studio	Virtual	
9:20 am - 9:50 am	Total Abs	Sports Hall	Steph	
9:30 am - 10:25 am	Pilates	The Studio	Ellie	
5:00 pm - 5:45 pm	Les Mills BODYPUMP™	The Studio	Virtual	
5:00 pm - 5:50 pm	RPM™	Cycling Studio	Virtual	
5:50 pm - 6:20 pm	Les Mills BARRE™	The Studio	Virtual	