

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 05/11/2024

Times for Tuesday 5 November



Time	Session	Facility
06:40 - 07:40	BODYATTACK™	Studio 2
07:50 - 08:20	GRIT™ Athletic	Studio 2
08:25 - 09:25	BODYBALANCE™	Studio 2
10:40 - 11:40	BODYPUMP™ Virtual	Studio 2
13:35 - 14:35	BODYATTACK™	Studio 2
14:45 - 15:15	GRIT™ Cardio	Studio 2
16:00 - 17:00	BODYPUMP™	Studio 2
17:15 - 18:00	CORE™	Studio 2
20:15 - 20:45	GRIT™ Strength	Studio 2
20:55 - 21:55	BODYATTACK™	Studio 2