

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 05/11/2024

Times for Wednesday 6 November



Time	Session	Facility
06:40 - 07:25	CORE™	Studio 2
07:30 - 08:00	GRIT™ Cardio	Studio 2
08:05 - 09:05	BODYBALANCE™	Studio 2
09:10 - 10:10	BODYCOMBAT™	Studio 2
12:00 - 12:45	BODYATTACK™	Studio 2
12:50 - 13:50	BODYPUMP™	Studio 2
14:00 - 14:30	GRIT™ Athletic	Studio 2
14:40 - 15:40	BODYCOMBAT™	Studio 2
15:50 - 16:50	BODYPUMP™ Virtual	Studio 2
17:00 - 17:45	CORE™	Studio 2
20:25 - 21:25	BODYPUMP™	Studio 2
21:30 - 22:00	BARRE™	Studio 2