

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 05/11/2024

Times for Thursday 7 November



Time	Session	Facility
06:40 - 07:40	BODYPUMP™	Studio 2
08:15 - 09:15	BODYCOMBAT™ Virtual	Studio 2
10:25 - 11:25	BODYPUMP™	Studio 2
11:35 - 12:20	CORE™ Virtual	Studio 2
12:25 - 12:55	BARRE™	Studio 2
13:00 - 13:30	GRIT™ Athletic	Studio 2
13:40 - 14:40	BODYBALANCE™	Studio 2
15:00 - 16:00	BODYPUMP™ Virtual	Studio 2
16:50 - 17:20	GRIT™ Strength	Studio 2
20:40 - 21:10	GRIT™ Cardio	Studio 2
21:15 - 22:00	CORE™	Studio 2