

# Les Mills™ Virtual Timetable

## Droitwich Spa Leisure Centre

Accurate as of 05/11/2024

### Times for Friday 8 November



Time	Session	Facility
06:40 - 07:40	BODYBALANCE™	Studio 2
07:50 - 08:20	GRIT™ Athletic	Studio 2
08:25 - 09:05	BARRE™	Studio 2
09:15 - 10:15	BODYPUMP™ Virtual	Studio 2
11:35 - 12:20	BODYBALANCE™ Virtual	Studio 2
12:30 - 13:15	CORE™ Virtual	Studio 2
13:25 - 14:25	BODYPUMP™ Virtual	Studio 2
14:35 - 15:05	GRIT™ Cardio	Studio 2
15:15 - 16:15	BODYCOMBAT™ Virtual	Studio 2
16:25 - 17:25	BODYATTACK™	Studio 2
17:25 - 17:55	GRIT™ Athletic	Studio 2
20:45 - 21:45	BODYCOMBAT™ Virtual	Studio 2