

# Les Mills™ Virtual Timetable

## Droitwich Spa Leisure Centre

Accurate as of 05/11/2024

### Times for Monday 11 November



Time	Session	Facility
06:40 - 07:10	GRIT™ Strength	Studio 2
07:20 - 08:05	CORE™	Studio 2
08:15 - 08:45	GRIT™ Cardio	Studio 2
08:50 - 09:20	BARRE™	Studio 2
10:40 - 11:40	BODYCOMBAT™	Studio 2
11:55 - 12:55	BODYPUMP™ Virtual	Studio 2
13:15 - 14:15	BODYCOMBAT™	Studio 2
14:20 - 14:50	BARRE™	Studio 2
15:00 - 16:00	BODYPUMP™	Studio 2
16:05 - 17:05	BODYBALANCE™	Studio 2
17:15 - 18:15	BODYCOMBAT™	Studio 2
19:45 - 20:15	GRIT™ Athletic	Studio 2
20:25 - 21:25	BODYPUMP™	Studio 2