

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

Times for Saturday 30 November



Time	Session	Facility
08:05 - 08:50	CORE™	Studio 2
08:55 - 09:55	BODYBALANCE™	Studio 2
10:00 - 11:00	BODYATTACK™	Studio 2
11:05 - 11:50	CORE™	Studio 2
12:00 - 13:00	BODYCOMBAT™	Studio 2
13:05 - 13:35	BARRE™	Studio 2
13:45 - 14:35	BODYPUMP™	Studio 2
14:55 - 15:25	GRIT™ Cardio	Studio 2
15:30 - 16:15	SH'BAM™	Studio 2
16:20 - 16:50	GRIT™ Strength	Studio 2
16:55 - 17:25	BARRE™	Studio 2
17:30 - 18:30	BODYATTACK™	Studio 2
18:40 - 19:40	BODYPUMP™	Studio 2