

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

Times for Sunday 1 December



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