

Les Mills™ Virtual Timetable

Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

Times for Wednesday 4 December



| Time | Session | Facility |
|---------------|-------------------|----------|
| 06:40 - 07:25 | CORE™ | Studio 2 |
| 07:30 - 08:00 | GRIT™ Cardio | Studio 2 |
| 08:05 - 09:05 | BODYBALANCE™ | Studio 2 |
| 09:10 - 10:10 | BODYCOMBAT™ | Studio 2 |
| 12:00 - 12:45 | BODYATTACK™ | Studio 2 |
| 12:50 - 13:50 | BODYPUMP™ | Studio 2 |
| 14:00 - 14:30 | GRIT™ Athletic | Studio 2 |
| 14:40 - 15:40 | BODYCOMBAT™ | Studio 2 |
| 15:50 - 16:50 | BODYPUMP™ Virtual | Studio 2 |
| 17:00 - 17:45 | CORE™ | Studio 2 |
| 20:25 - 21:25 | BODYPUMP™ | Studio 2 |
| 21:30 - 22:00 | BARRE™ | Studio 2 |