

# Les Mills Virtual™ Timetable

## Evesham Leisure Centre

Accurate as of 22/11/2024

### Times for Monday 18 November



Time	Session	Facility
06:40 - 07:40	BODYPUMP™	Studio 2
07:45 - 08:15	GRIT™ Cardio	Studio 2
08:20 - 09:20	BODYATTACK™	Studio 2
09:25 - 09:55	BARRE™	Studio 2
13:00 - 14:00	BODYCOMBAT™	Studio 2
14:05 - 15:05	BODYBALANCE™	Studio 2
15:15 - 16:15	BODYPUMP™	Studio 2
16:20 - 16:50	CORE™	Studio 2
17:00 - 18:00	BODYATTACK™	Studio 2
18:05 - 18:35	GRIT™ Strength	Studio 2
18:45 - 19:45	BODYBALANCE™	Studio 2
20:00 - 21:00	BODYPUMP™	Studio 2