

Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 13/11/2024

Times for Thursday 14 November



Time	Session	Facility
06:40 - 07:10	GRIT™ Strength	Studio
07:15 - 08:00	RPM™	Studio
08:05 - 09:05	BODYPUMP™	Studio
13:10 - 13:40	BARRE™	Studio
15:15 - 16:15	BODYATTACK™	Studio
16:20 - 17:05	SH'BAM™	Studio
20:00 - 21:00	BODYBALANCE™	Studio
21:10 - 21:40	SPRINT™	Studio
21:10 - 21:40	SPRINT™	Studio