

# Les Mills Virtual™

## Pershore Leisure Centre

Accurate as of 13/11/2024

### Times for Friday 15 November



Time	Session	Facility
06:40 - 07:10	SPRINT™	Studio
07:15 - 07:45	CORE™	Studio
07:50 - 08:20	BARRE™	Studio
13:00 - 13:45	RPM™	Studio
13:50 - 14:40	BODYATTACK™	Studio
14:45 - 15:30	THE TRIP™	Studio
15:35 - 16:35	BODYBALANCE™	Studio
16:40 - 17:10	CORE™	Studio