

Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 13/11/2024

Times for Saturday 16 November



Time	Session	Facility
12:15 - 12:45	GRIT™ Cardio	Studio
13:00 - 14:00	BODYBALANCE™	Studio
14:05 - 14:50	THE TRIP™	Studio
15:00 - 15:30	CORE™	Studio
15:35 - 16:35	BODYCOMBAT™	Studio
16:40 - 17:25	SH'BAM™	Studio
17:30 - 18:00	SPRINT™	Studio