

# Les Mills Virtual™

## Pershore Leisure Centre

Accurate as of 13/11/2024

### Times for Tuesday 19 November



Time	Session	Facility
06:40 - 07:10	GRIT™ Cardio	Studio
07:15 - 07:45	BARRE™	Studio
07:50 - 08:35	RPM™	Studio
13:30 - 14:30	BODYPUMP™	Studio
14:35 - 15:20	SH'BAM™	Studio
15:25 - 16:25	BODYCOMBAT™	Studio
16:30 - 17:15	THE TRIP™	Studio
19:00 - 20:00	BODYBALANCE™	Studio
21:10 - 21:40	SPRINT™	Studio