Les Mills Virtual™ Timetable

Evesham Leisure Centre

Accurate as of 23/11/2026

Times for Monday 2 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
09:20 - 10:20	BODYPUMP™ Virtual	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
20:00 - 21:00	BODYPUMP™	Studio 2