Les Mills Virtual™ Timetable

Evesham Leisure Centre

Accurate as of 23/11/2026

Times for Wednesday 4 November

Time	Session	Facility
06:40 - 07:40	BODYPUMP™ Virtual	Studio 2
07:45 - 08:15	GRIT™ Athletic	Studio 2
08:20 - 08:50	CORE™	Studio 2
12:30 - 13:00	GRIT™ Cardio	Studio 2
13:10 - 14:10	BODYPUMP™	Studio 2
14:20 - 15:20	BODYCOMBAT™	Studio 2
15:30 - 16:30	BODYBALANCE™	Studio 2
16:40 - 17:40	BODYATTACK™	Studio 2
19:45 - 20:45	BODYPUMP™	Studio 2
20:55 - 21:25	BARRE™	Studio 2