# Les Mills Virtual™ Timetable

## Evesham Leisure Centre

**Accurate as of 23/11/2026**

### Times for Wednesday 25 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 |