

Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 26/06/2026

Times for Thursday 2 July



| Time | Session | Facility |
|---------------|--------------------------|----------|
| 06:40 - 07:10 | GRIT™ Strength | Studio |
| 07:15 - 08:00 | RPM™ | Studio |
| 08:05 - 09:05 | BODYPUMP™ | Studio |
| 11:30 - 12:15 | RPM™ | Studio |
| 13:45 - 14:15 | BARRE™ | Studio |
| 15:15 - 16:15 | BODYATTACK™ | Studio |
| 16:20 - 16:50 | LES MILLS DANCE™ Virtual | Studio |
| 20:10 - 21:10 | BODYBALANCE™ | Studio |
| 21:10 - 21:40 | SPRINT™ | Studio |