Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Sunday 8 November

Time	Session	Facility
10:00 - 11:00	BODYBALANCE™	Studio
11:35 - 12:35	BODYPUMP™	Studio
12:40 - 13:40	BODYATTACK™	Studio
13:45 - 14:45	BODYCOMBAT™	Studio
14:50 - 15:35	LES MILLS DANCE™ Virtual	Studio
15:40 - 16:10	BARRE™	Studio
16:15 - 16:45	GRIT™ Strength	Studio
16:50 - 17:35	RPM™	Studio
17:40 - 18:10	CORE™	Studio