Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Thursday 12 November

Time	Session	Facility
06:40 - 07:10	GRIT™ Strength	Studio
07:15 - 08:00	RPM™	Studio
08:05 - 09:05	BODYPUMP™	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