Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Friday 13 November

Time	Session	Facility
06:40 - 07:10	SPRINT™	Studio
07:15 - 07:45	CORE™	Studio
07:50 - 08:20	LES MILLS DANCE™ Virtual	Studio
10:30 - 11:00	Ab Blast*	Studio
12:35 - 13:05	BODYCOMBAT™	Studio
13:15 - 13:45	RPM™	Studio
13:50 - 14:40	BODYATTACK™	Studio
14:45 - 15:30	THE TRIP™	Studio
15:35 - 16:35	BODYBALANCE™	Studio
16:40 - 17:10	CORE™	Studio