

# Les Mills Virtual

## Droitwich Spa Leisure Centre

Accurate as of 27/07/2026

Times for Monday 27 July



| Time          | Session               | Facility |
|---------------|-----------------------|----------|
| 06:35 - 07:20 | CORE™ Virtual         | Studio 2 |
| 07:30 - 08:00 | GRIT™ Cardio          | Studio 2 |
| 08:15 - 09:15 | Les Mills BODYATTACK™ | Studio 2 |
| 10:45 - 11:45 | Les Mills BODYCOMBAT™ | Studio 2 |
| 12:00 - 13:00 | BODYBALANCE™ Virtual  | Studio 2 |
| 13:15 - 14:00 | CORE™ Virtual         | Studio 2 |
| 14:15 - 14:45 | GRIT™ Athletic        | Studio 2 |
| 15:00 - 16:00 | BODYPUMP™ Virtual     | Studio 2 |
| 16:15 - 17:15 | Les Mills BODYCOMBAT™ | Studio 2 |
| 17:30 - 18:15 | CORE™ Virtual         | Studio 2 |
| 19:45 - 20:45 | BODYPUMP™ Virtual     | Studio 2 |
| 21:00 - 21:45 | BODYBALANCE™ Virtual  | Studio 2 |