

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 27/07/2026

Times for Thursday 30 July



Time	Session	Facility
06:35 - 07:10	BODYCOMBAT™ Virtual	Studio 2
07:35 - 08:05	GRIT™ Strength	Studio 2
08:20 - 09:05	LES MILLS DANCE™ Virtual	Studio 2
10:30 - 11:30	BODYPUMP™ Virtual	Studio 2
11:45 - 12:30	CORE™ Virtual	Studio 2
12:40 - 13:10	GRIT™ Cardio	Studio 2
13:15 - 14:15	BODYBALANCE™ Virtual	Studio 2
14:30 - 15:30	BODYCOMBAT™ Virtual	Studio 2
15:45 - 16:45	BODYPUMP™ Virtual	Studio 2
17:00 - 17:30	GRIT™ Athletic	Studio 2
20:45 - 21:30	LES MILLS DANCE™ Virtual	Studio 2