

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Sunday 13 September



Time	Session	Facility
08:00 - 08:45	Les Mills BODYATTACK™	Studio 2
08:50 - 09:20	GRIT™ Strength	Studio 2
11:35 - 12:35	BODYCOMBAT™ Virtual	Studio 2
12:45 - 13:30	CORE™ Virtual	Studio 2
13:40 - 14:25	LES MILLS DANCE™ Virtual	Studio 2
14:30 - 15:00	GRIT™ Cardio	Studio 2
15:10 - 16:10	BODYBALANCE™ Virtual	Studio 2
16:20 - 17:20	BODYPUMP™ Virtual	Studio 2
17:30 - 18:15	CORE™ Virtual	Studio 2
18:25 - 19:10	BODYCOMBAT™ Virtual	Studio 2