

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Monday 14 September



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