

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Wednesday 16 September



Time	Session	Facility
06:35 - 07:20	BODYBALANCE™ Virtual	Studio 2
07:25 - 08:10	CORE™ Virtual	Studio 2
08:20 - 09:20	BODYPUMP™ Virtual	Studio 2
09:30 - 10:15	LES MILLS DANCE™ Virtual	Studio 2
11:55 - 12:55	BODYATTACK™	Studio 2
13:00 - 14:00	BODYBALANCE™ Virtual	Studio 2
14:15 - 15:15	BODYPUMP™ Virtual	Studio 2
15:25 - 15:55	GRIT™ Cardio	Studio 2
16:00 - 16:45	LES MILLS DANCE™ Virtual	Studio 2
17:00 - 17:45	BODYPUMP™ Virtual	Studio 2
20:30 - 21:30	BODYCOMBAT™ Virtual	Studio 2