

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Friday 18 September



Time	Session	Facility
06:35 - 07:20	LES MILLS DANCE™ Virtual	Studio 2
07:30 - 08:15	BODYCOMBAT™ Virtual	Studio 2
08:20 - 08:50	GRIT™ Cardio	Studio 2
09:00 - 10:00	BODYPUMP™ Virtual	Studio 2
10:05 - 10:50	BODYATTACK™	Studio 2
12:10 - 13:10	BODYCOMBAT™ Virtual	Studio 2
13:25 - 14:10	CORE™ Virtual	Studio 2
14:15 - 14:45	GRIT™ Athletic	Studio 2
15:00 - 16:00	BODYBALANCE™ Virtual	Studio 2
16:10 - 16:55	LES MILLS DANCE™ Virtual	Studio 2
17:05 - 17:35	GRIT™ Cardio	Studio 2
20:45 - 21:45	BODYCOMBAT™ Virtual	Studio 2