

Les Mills Virtual

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Saturday 19 September



Time	Session	Facility
08:00 - 09:00	BODYBALANCE™ Virtual	Studio 2
10:45 - 11:45	Les Mills BODYATTACK™	Studio 2
12:00 - 12:45	CORE™ Virtual	Studio 2
12:55 - 13:55	BODYCOMBAT™ Virtual	Studio 2
14:00 - 14:30	GRIT™ Athletic	Studio 2
14:45 - 15:30	BODYPUMP™ Virtual	Studio 2
15:45 - 16:45	BODYATTACK™	Studio 2
16:55 - 17:55	BODYBALANCE™ Virtual	Studio 2
18:05 - 18:55	BODYCOMBAT™ Virtual	Studio 2
19:00 - 19:30	GRIT™ Strength	Studio 2