

LES MILLS VIRTUAL - CLASS TIMETABLE

MONDAY

Time	Class	Studio
06.45 - 07.15	Sprint	SC
07.45 - 08.15	Grit Cardio	S1
14.30 - 15.15	Sh'Bam	S1
17.00 - 17.30	Grit Cardio	S1
20.00 - 20.30	Sprint	SC
21.00 - 21.45	BodyCombat	S1

TUESDAY

Time	Class	Studio
06.45 - 07.30	BodyCombat	S1
10.00 - 10.30	Sprint	SC
12.30 - 13.00	Grit Athletic	S1
13.00 - 13.30	Sprint	SC
13.15 - 14.00	BodyBalance	S1
14.15 - 15.00	BodyCombat	S1
15.15 - 16.00	Sh'Bam	S1
21.30 - 22.00	Grit Strength	S1

WEDNESDAY

Time	Class	Studio
07.00 - 07.45	Sh'Bam	S1
08.00 - 08.30	Grit Cardio	S1
12.45 - 13.15	BodyCombat	S1
13.00 - 13.30	Sprint	SC
13.30 - 14.15	BodyBalance	S1
14.30 - 15.15	Sh'Bam	S1
17.00 - 17.30	Sprint	S1
20.30 - 21.00	Grit Athletic	S1

THURSDAY

Time	Class	Studio
07.00 - 07.30	Grit Strength	S1
08.00 - 08.45	BodyCombat	S1
09.00 - 09.30	Sprint	SC
11.30 - 12.15	Sh'Bam	S1
14.00 - 14.30	Sprint	SC
14.00 - 14.45	BodyBalance	S1
15.00 - 15.45	BodyCombat	S1
17.00 - 17.30	Grit Strength	S1
20.00 - 20.30	Sprint	SC

FRIDAY

Time	Class	Studio
06.45 - 07.30	Sprint	SC
07.30 - 08.15	BodyCombat	S1
08.45 - 09.15	Grit Athletic	S1
12.00 - 12.30	Sprint	SC
13.00 - 13.30	Grit Cardio	S1
14.00 - 14.30	Sprint	SC
15.00 - 16.00	BodyCombat	S1
16.30 - 17.15	Sh'Bam	S1
19.45 - 20.15	Grit Strength	S1
20.00 - 20.30	Sprint	SC

SATURDAY

Time	Class	Studio
11.00 - 11.30	Sprint	SC
13.30 - 14.15	Sh'Bam	S1
14.30 - 15.00	Sprint	SC
15.15 - 16.15	BodyCombat	S1
17.00 - 17.30	Grit Strength	S1
18.00 - 19.00	BodyBalance	S1
19.00 - 19.30	Sprint	SC

SUNDAY

Time	Class	Studio
08.45 - 09.15	Grit Cardio	S1
09.30 - 10.00	Sprint	SC
13.00 - 13.45	BodyCombat	S1
14.00 - 14.45	Sh'Bam	S1
15.00 - 15.30	Sprint	SC
17.00 - 17.30	Grit Strength	S1
18.00 - 18.30	Sprint	SC
18.45 - 19.30	BodyBalance	S1

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.

