

LES MILLS VIRTUAL - CLASS TIMETABLE

MONDAY

| Time | Class | Studio |
|---------------|-------------|--------|
| 06.30 - 07.00 | 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.

