

Les Mills Virtual Timetable

LES MILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BODYCOMBAT 6:45-7:15					
BODYPUMP 8:00-9:00	BODYCOMBAT 8:30-9:00	BODYBALANCE 8:15-9:15	CXWORX 8:00-8:30	CXWORX 8:00-8:30	BODYCOMBAT 8:15-9:15	BODYPUMP 8:30-9:00
						BODYCOMBAT 9:15-9:45
						CXWORX 11:45-12:15
BODYPUMP 15:00-16:00		BODYCOMBAT 14:45-15:45	BODYPUMP 14:45-15:15		SH'BAM 14:00-14:45	BODYBALANCE 14:00-15:00
	BODYPUMP 15:15-15:45	BODYBALANCE 16:00-16:30	BODYBALANCE 15:30-16:30	CXWORX 15:00-15:30	BODYBALANCE 15:00-16:00	BODYPUMP 15:15-16:15
BODYCOMBAT 16:30-17:00					CXWORX 16:30-17:00	SH'BAM 16:30-17:00
					BODYCOMBAT 17:15-17:45	BODYCOMBAT 17:15-17:45
					BODYPUMP 18:00-18:30	BODYPUMP 18:00-19:00
				BODYPUMP 19:00-19:30		
BODYCOMBAT 20:30-21:00	CXWORX 20:40-21:10	BODYPUMP 20:15-21:15	BODYBALANCE 20:15-20:45			