

Les Mills Studio Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	LES MILLS CEREMONY STUDIO	LES MILLS BODYPUMP	Strength Development LES MILLS	LES MILLS CEREMONY STUDIO	LES MILLS BODYPUMP HEAVY		
8:00 am						LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP
8:35 am						LES MILLS BODYPUMP	
9:00 am	LES MILLS THE TRIP	LES MILLS BODYPUMP HEAVY		Strength Development LES MILLS	LES MILLS THE TRIP		
9:15 am							LES MILLS BODYBALANCE
9:35 am			LES MILLS BODYBALANCE / LES MILLS Shapes				
9:40 am						LES MILLS PILATES	
12:15 pm			LES MILLS PILATES	LES MILLS CEREMONY STUDIO	LES MILLS Shapes		
4:45 pm	LES MILLS Shapes	LES MILLS CORE		LES MILLS PILATES			
5:00 pm			LES MILLS GRIT STRENGTH				
5:35 pm	LES MILLS BODYPUMP	LES MILLS CEREMONY STUDIO	LES MILLS BODYPUMP HEAVY	Strength Development LES MILLS			