

# LES MILLS Virtual studio timetable

	MON	TUE	WED	THU	FRI	SAT	SUN	
AM 12:00	<b>LES MILLS SH'BAM</b> 12:05AM-12:35AM	<b>LES MILLS BODYBALANCE</b> 12:05AM-12:35AM	<b>LES MILLS barre</b> 12:05AM-12:35AM	<b>LES MILLS CORE</b> 12:05AM-12:35AM	<b>LES MILLS BODYCOMBAT</b> 12:05AM-12:35AM	<b>LES MILLS BODYBALANCE</b> 12:10AM-12:40AM	<b>LES MILLS BODYCOMBAT</b> 12:05AM-12:35AM	AM 12:00
AM 1:00	<b>LES MILLS BODYBALANCE</b> 1:00AM-1:30AM	<b>LES MILLS BODYATTACK</b> 1:00AM-1:30AM	<b>LES MILLS CORE</b> 1:00AM-1:30AM	<b>LES MILLS BODYCOMBAT</b> 1:00AM-1:30AM	<b>LES MILLS SH'BAM</b> 1:00AM-1:30AM	<b>LES MILLS BODYCOMBAT</b> 1:00AM-1:30AM	<b>LES MILLS SH'BAM</b> 1:00AM-1:30AM	AM 1:00
AM 2:00	<b>LES MILLS barre</b> 2:00AM-2:30AM	<b>LES MILLS CORE</b> 2:00AM-2:30AM	<b>LES MILLS BODYCOMBAT</b> 2:00AM-2:30AM	<b>LES MILLS SH'BAM</b> 2:00AM-2:30AM	<b>LES MILLS BODYBALANCE</b> 2:00AM-2:30AM	<b>LES MILLS SH'BAM</b> 2:00AM-2:30AM	<b>LES MILLS BODYBALANCE</b> 2:00AM-2:30AM	AM 2:00
AM 3:00	<b>LES MILLS CORE</b> 3:00AM-3:30AM	<b>LES MILLS BODYCOMBAT</b> 3:00AM-3:30AM	<b>LES MILLS SH'BAM</b> 3:00AM-3:30AM	<b>LES MILLS BODYATTACK</b> 3:00AM-3:30AM	<b>LES MILLS barre</b> 3:00AM-3:30AM	<b>LES MILLS BODYBALANCE</b> 3:00AM-3:30AM	<b>LES MILLS barre</b> 3:00AM-3:30AM	AM 3:00
AM 4:00	<b>LES MILLS BODYCOMBAT</b> 4:00AM-4:30AM	<b>LES MILLS SH'BAM</b> 4:00AM-4:30AM	<b>LES MILLS BODYBALANCE</b> 4:00AM-4:30AM	<b>LES MILLS barre</b> 4:00AM-4:30AM	<b>LES MILLS CORE</b> 4:00AM-4:30AM	<b>LES MILLS BODYATTACK</b> 4:00AM-4:30AM	<b>LES MILLS CORE</b> 4:00AM-4:30AM	AM 4:00
AM 5:00	<b>LES MILLS SH'BAM</b> 5:00AM-5:30AM	<b>LES MILLS BODYBALANCE</b> 5:00AM-5:30AM	<b>LES MILLS BODYATTACK</b> 5:00AM-5:30AM	<b>LES MILLS CORE</b> 5:00AM-5:30AM	<b>LES MILLS SH'BAM</b> 5:00AM-5:30AM	<b>LES MILLS CORE</b> 5:00AM-5:30AM	<b>LES MILLS GRIT</b> 5:00AM-5:30AM	AM 5:00
AM 6:00	<b>LES MILLS BODYBALANCE</b> 6:00AM-6:30AM	<b>LES MILLS barre</b> 6:00AM-6:30AM	<b>LES MILLS CORE</b> 6:00AM-6:30AM	<b>LES MILLS BODYBALANCE</b> 6:00AM-6:45AM	<b>LES MILLS BODYCOMBAT</b> 6:00AM-6:30AM	<b>LES MILLS SH'BAM</b> 6:00AM-6:30AM	<b>LES MILLS BODYBALANCE</b> 6:00AM-6:45AM	AM 6:00
AM 7:00	<b>LES MILLS BODYATTACK</b> 7:00AM-7:30AM	<b>LES MILLS CORE</b> 7:00AM-7:30AM	<b>LES MILLS barre</b> 7:00AM-7:30AM	<b>LES MILLS BODYCOMBAT</b> 7:00AM-7:30AM	<b>LES MILLS SH'BAM</b> 7:00AM-7:30AM	<b>LES MILLS BODYBALANCE</b> 7:00AM-7:45AM	<b>LES MILLS BODYCOMBAT</b> 7:00AM-7:45AM	AM 7:00
AM 8:00	<b>LES MILLS CORE</b> 8:00AM-8:30AM	<b>LES MILLS barre</b> 8:00AM-8:30AM	<b>LES MILLS BODYCOMBAT</b> 8:00AM-8:45AM	<b>LES MILLS SH'BAM</b> 8:00AM-8:30AM	<b>LES MILLS BODYBALANCE</b> 8:00AM-8:30AM	<b>LES MILLS CORE</b> 8:00AM-8:30AM	<b>LES MILLS BODYATTACK</b> 8:00AM-8:30AM	AM 8:00
AM 9:00	<b>LES MILLS BODYCOMBAT</b> 9:00AM-9:45AM	<b>LES MILLS SH'BAM</b> 9:00AM-9:45AM	<b>LES MILLS BODYBALANCE</b> 9:00AM-9:30AM	<b>LES MILLS barre</b> 9:00AM-9:30AM	<b>LES MILLS barre</b> 9:00AM-9:30AM	<b>LES MILLS BODYCOMBAT</b> 8:45AM-9:30AM	<b>LES MILLS SH'BAM</b> 8:45AM-9:30AM	AM 9:00
AM 10:00	<b>LES MILLS SH'BAM</b> 10:00AM-10:45AM	<b>LES MILLS BODYBALANCE</b> 10:00AM-10:45AM	<b>LES MILLS barre</b> 10:00AM-10:30AM	<b>LES MILLS CORE</b> 10:00AM-10:30AM	<b>LES MILLS BODYCOMBAT</b> 10:00AM-10:45AM	<b>LES MILLS barre</b> 9:45AM-10:15AM	<b>LES MILLS CORE</b> 9:45AM-10:15AM	AM 10:00
AM 11:00	<b>LES MILLS BODYBALANCE</b> 11:00AM-10:45AM	<b>LES MILLS barre</b> 11:00AM-11:30AM	<b>LES MILLS CORE</b> 10:45AM-11:15AM	<b>LES MILLS BODYCOMBAT</b> 11:00AM-11:45AM	<b>LES MILLS SH'BAM</b> 11:00AM-11:30AM	<b>LES MILLS BODYBALANCE</b> 10:30AM-11:30AM	<b>LES MILLS BODYCOMBAT</b> 10:30AM-11:30AM	AM 11:00
PM 12:00	<b>LES MILLS BODYATTACK</b> 12:00PM-12:30PM	<b>LES MILLS CORE</b> 12:00PM-12:30PM	<b>LES MILLS BODYCOMBAT</b> 12:00PM-12:45PM	<b>LES MILLS SH'BAM</b> 12:00PM-12:45PM	<b>LES MILLS BODYBALANCE</b> 12:00PM-12:45PM	<b>LES MILLS GRIT</b> 11:45AM-12:15PM	<b>LES MILLS BODYATTACK</b> 11:45AM-12:15PM	PM 12:00
PM 1:00	<b>LES MILLS CORE</b> 1:00PM-1:30PM	<b>LES MILLS BODYCOMBAT</b> 1:00PM-1:45PM	<b>LES MILLS barre</b> 1:00PM-1:30PM	<b>LES MILLS BODYBALANCE</b> 1:00PM-1:45PM	<b>LES MILLS SH'BAM</b> 1:00PM-1:30PM	<b>LES MILLS SH'BAM</b> 12:30PM-1:15PM	<b>LES MILLS BODYBALANCE</b> 12:30PM-1:15PM	PM 1:00
PM 2:00	<b>LES MILLS BODYCOMBAT</b> 2:00PM-2:45PM	<b>LES MILLS SH'BAM</b> 2:00PM-2:45PM	<b>LES MILLS BODYBALANCE</b> 2:00PM-2:45PM	<b>LES MILLS barre</b> 2:00PM-2:30PM	<b>LES MILLS CORE</b> 2:00PM-2:30PM	<b>LES MILLS BODYBALANCE</b> 1:30PM-2:15PM	<b>LES MILLS BODYCOMBAT</b> 1:30PM-2:15PM	PM 2:00
PM 3:00	<b>LES MILLS SH'BAM</b> 3:00PM-3:45PM	<b>LES MILLS BODYBALANCE</b> 3:00PM-3:45PM	<b>LES MILLS BODYATTACK</b> 3:00PM-3:30PM	<b>LES MILLS CORE</b> 3:00PM-3:30PM	<b>LES MILLS BODYCOMBAT</b> 3:00PM-3:45PM	<b>LES MILLS BODYCOMBAT</b> 2:30PM-3:15PM	<b>LES MILLS SH'BAM</b> 2:30PM-3:15PM	PM 3:00
PM 4:00	<b>LES MILLS BODYBALANCE</b> 4:00PM-4:30PM	<b>LES MILLS SH'BAM</b> 4:00PM-4:30PM	<b>LES MILLS CORE</b> 4:00PM-4:30PM	<b>LES MILLS BODYCOMBAT</b> 4:00PM-4:30PM	<b>LES MILLS SH'BAM</b> 4:00PM-4:30PM	<b>LES MILLS CORE</b> 3:30PM-4:00PM	<b>LES MILLS BODYBALANCE</b> 3:30PM-4:00PM	PM 4:00
PM 5:00	<b>LES MILLS SH'BAM</b> 5:00PM-5:30PM	<b>LES MILLS CORE</b> 5:00PM-5:30PM	<b>LES MILLS BODYCOMBAT</b> 5:00PM-5:30PM	<b>LES MILLS SH'BAM</b> 5:00PM-5:30PM	<b>LES MILLS BODYBALANCE</b> 5:00PM-5:30PM	<b>LES MILLS SH'BAM</b> 5:15PM-5:45PM	<b>LES MILLS CORE</b> 5:15PM-5:45PM	PM 5:00
PM 6:00	<b>LES MILLS CORE</b> 6:00PM-6:30PM	<b>LES MILLS BODYCOMBAT</b> 6:00PM-6:30PM	<b>LES MILLS SH'BAM</b> 6:00PM-6:30PM	<b>LES MILLS BODYBALANCE</b> 6:00PM-6:30PM	<b>LES MILLS CORE</b> 6:00PM-6:30PM	<b>LES MILLS BODYCOMBAT</b> 6:00PM-6:30PM	<b>LES MILLS GRIT</b> 6:00PM-6:30PM	PM 6:00
PM 7:00	<b>LES MILLS SH'BAM</b> 7:00PM-7:30PM	<b>LES MILLS BODYBALANCE</b> 7:10PM-7:40PM	<b>LES MILLS BODYBALANCE</b> 7:00PM-7:30PM	<b>LES MILLS BODYCOMBAT</b> 7:00PM-7:30PM	<b>LES MILLS BODYATTACK</b> 7:00PM-7:30PM	<b>LES MILLS SH'BAM</b> 7:00PM-7:30PM	<b>LES MILLS BODYCOMBAT</b> 7:00PM-7:30PM	PM 7:00
PM 8:00	<b>LES MILLS BODYCOMBAT</b> 7:45PM-8:30PM	<b>LES MILLS SH'BAM</b> 7:45PM-8:30PM	<b>LES MILLS SH'BAM</b> 7:45PM-8:30PM	<b>LES MILLS BODYATTACK</b> 7:45PM-8:15PM	<b>LES MILLS BODYBALANCE</b> 7:45PM-8:15PM	<b>LES MILLS BODYBALANCE</b> 7:45PM-8:15PM	<b>LES MILLS SH'BAM</b> 8:00PM-8:30PM	PM 8:00
PM 9:00	<b>LES MILLS CORE</b> 8:45PM-9:15PM	<b>LES MILLS BODYATTACK</b> 8:45PM-9:15PM	<b>LES MILLS BODYCOMBAT</b> 8:45PM-9:15PM	<b>LES MILLS BODYBALANCE</b> 8:30PM-9:15PM	<b>LES MILLS BODYCOMBAT</b> 8:30PM-9:15PM	<b>LES MILLS CORE</b> 8:30PM-9:00PM	<b>LES MILLS BODYBALANCE</b> 8:45PM-9:15PM	PM 9:00
PM 10:00	<b>LES MILLS BODYATTACK</b> 9:30PM-10:00PM	<b>LES MILLS BODYCOMBAT</b> 9:30PM-10:00PM	<b>LES MILLS CORE</b> 9:30PM-10:00PM	<b>LES MILLS barre</b> 9:30PM-10:00PM	<b>LES MILLS SH'BAM</b> 9:25PM-9:55PM	<b>LES MILLS SH'BAM</b> 9:15PM-10:00PM	<b>LES MILLS BODYCOMBAT</b> 9:30PM-10:15PM	PM 10:00
PM 11:00	<b>LES MILLS SH'BAM</b> 10:15PM-11:00PM	<b>LES MILLS CORE</b> 10:15PM-10:45PM	<b>LES MILLS BODYBALANCE</b> 10:15PM-10:45PM	<b>LES MILLS BODYCOMBAT</b> 10:15PM-11:00PM	<b>LES MILLS BODYCOMBAT</b> 10:05PM-11:05PM	<b>LES MILLS barre</b> 10:15PM-10:45PM	<b>LES MILLS SH'BAM</b> 10:30PM-11:00PM	PM 11:00
AM 12:00	<b>LES MILLS CORE</b> 11:15PM-12:00AM	<b>LES MILLS BODYCOMBAT</b> 11:00PM-11:45PM	<b>LES MILLS BODYCOMBAT</b> 11:00PM-11:30PM	<b>LES MILLS SH'BAM</b> 11:10PM-11:55PM	<b>LES MILLS SH'BAM</b> 11:15PM-11:45PM	<b>LES MILLS BODYCOMBAT</b> 11:00PM-11:30PM	<b>LES MILLS CORE</b> 11:15PM-11:45PM	AM 12:00