

Reebok 
LES MILLS LIVE

LONDON

2017

Saturday 1st July

CAPITAL HALL

AUDITORIUM

SS21

SS22

BODYPUMP #1

09.45 - 10.45
60mins

**BODYBALANCE
"THE COLLECTION"**

09.30 - 10.30
60mins

**BODYSTEP
CLASSIC MASHUP**

09.50 - 10.45
55mins

**RPM CLASSIC
TRAX #1**

10.00 - 10.45
45mins

**BODYPUMP
"THE BEST OF"**

11.10 - 11.55
45mins

BODYATTACK

10.55 - 11.55
60mins

**LES MILLS GRIT
PLYO #1**

11.10 - 11.40
30mins

**LES MILLS
SPRINT #1**

11.05 - 11.35
30mins

BODYPUMP #2

12.20 - 13.20
60mins

**BODYCOMBAT
ANTHEMS**

12.20 - 13.20
60mins

**LES MILLS GRIT
PLYO HITS #1**

12.00 - 12.30
30mins

RPM #1

11.55 - 12.40
45mins

**BODYSTEP
ATHLETIC**

13.50 - 14.50
60mins

**LES MILLS GRIT
CARDIO**

13.55 - 14.25
30mins

**LES MILLS GRIT
PLYO #2**

12.55 - 13.25
30mins

**LES MILLS
SPRINT #2**

13.00 - 13.30
30mins

SH'BAM

15.15 - 16.00
45mins

**BODYATTACK
ANTHEMS**

14.55 - 15.55
60mins

**LES MILLS GRIT
PLYO HITS #2**

13.40 - 14.10
30mins

RPM #2

13.50 - 14.35
45mins

BODYVIVE 3.1

16.20 - 17.05
45mins

BODYJAM

16.15 - 17.15
60mins

**LES MILLS GRIT
STRENGTH #1**

15.10 - 15.40
30mins

**LES MILLS
SPRINT #3**

14.55 - 15.25
30mins

CXWORX

17.25 - 17.55
30mins

BODYCOMBAT

17.35 - 18.35
60mins

**LES MILLS GRIT
STRENGTH HITS #1**

16.00 - 16.30
30mins

**RPM CLASSIC
TRAX #2**

15.45 - 16.30
45mins

BODYBALANCE

18.15 - 19.15
60mins

**LES MILLS GRIT
STRENGTH #2**

16.55 - 17.25
30mins

**LES MILLS
SPRINT #4**

16.50 - 17.20
30mins

**LES MILLS GRIT
STRENGTH HITS #2**

17.40 - 18.10
30mins

RPM #3

17.40 - 18.25
45mins

**LES MILLS
SPRINT #5**

18.45 - 19.15
30mins