

Reebok 
LES MILLS LIVE

LONDON

2017

Sunday 2nd July

CAPITAL HALL	AUDITORIUM	SS21	SS22
BODYPUMP #1 09.00 - 10.00 60mins	BODYBALANCE "THE COLLECTION" 08.45 - 09.45 60mins	BODYSTEP CLASSIC MASHUP 09.10 - 10.05 55mins	RPM CLASSIC TRAX #1 09.00 - 09.45 45mins
BODYPUMP "THE BEST OF" 10.25 - 11.25 60mins	BODYATTACK 10.10 - 11.10 60mins	LES MILLS GRIT PLYO #1 10.25 - 10.55 30mins	LES MILLS SPRINT #1 10.05 - 10.35 30mins
BODYSTEP ATHLETIC 11.55 - 12.55 60mins	BODYCOMBAT ANTHEMS 11.35 - 12.35 60mins	LES MILLS GRIT PLYO HITS #1 11.15 - 11.45 30mins	RPM #1 10.55 - 11.40 45mins
SH'BAM 13.20 - 14.05 45mins	LES MILLS GRIT CARDIO 13.10 - 13.40 30mins	LES MILLS GRIT PLYO #2 12.05 - 12.35 30mins	LES MILLS SPRINT #2 12.00 - 12.30 30mins
BODYVIVE 3.1 14.25 - 15.10 45mins	BODYATTACK ANTHEMS 14.10 - 15.10 60mins	LES MILLS GRIT PLYO HITS #2 12.55 - 13.25 30mins	RPM #2 12.50 - 13.35 45mins
CXWORX 15.30 - 16.00 30mins	BODYJAM 15.30 - 16.30 60mins	LES MILLS GRIT STRENGTH #1 14.25 - 14.55 30mins	LES MILLS SPRINT #3 13.55 - 14.25 30mins
BODYBALANCE 16.20 - 17.20 60mins	BODYCOMBAT 16.50 - 17.50 60mins	LES MILLS GRIT STRENGTH HITS #1 15.15 - 15.45 30mins	RPM CLASSIC TRAX #2 14.45 - 15.30 45mins
		LES MILLS GRIT STRENGTH #2 16.05 - 16.35 30mins	LES MILLS SPRINT #4 15.50 - 16.20 30mins
		LES MILLS GRIT STRENGTH HITS #2 16.55 - 17.25 30mins	