

Reebok 
LES MILLS LIVE

LONDON

2017

Saturday 1st July

AUDITORIUM	CAPITAL HALL	N21	N22
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