

LES MILLS RELAUNCHES – MARCH 2024

BellaHouston

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Friday	22.03.2024	Les Mills Dance	17:45-18:30
Friday	22.03.2024	Body Balance	18:30-19:15
Saturday	23.03.2024	Body Attack	08:45-9:30
Saturday	23.03.2024	Body Step	09:30-10:15
Saturday	23.03.2024	Body Pump	10:15-11:00
Sunday	24.03.2024	Body Combat	14:15-15:00
Sunday	24.03.2024	Body Balance	15:15-16:00

Donald Dewar

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Saturday	23.03.2024	Body Pump	09:15-10:00
Saturday	23.03.2024	Body Combat	10:00-10:45
Saturday	23.03.2024	Body Balance	10:45-11:30

Emirates Arena

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Sunday	24.03.2024	Body Attack	09:30-10:15
Sunday	24.03.2024	Body Pump	10:15-11:00
Sunday	24.03.2024	Body Step	11:00-11:45
Sunday	24.03.2024	Les Mills Dance	11:45-12:30
Sunday	24.03.2024	Body Balance	12:30-13:30

Gorbals

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Saturday	23.03.2024	Body Jam	09:30-10:30
Saturday	23.03.2024	Body Balance	09:30-10:15
Saturday	23.03.2024	Body Combat	10:30-11:15
Saturday	23.03.2024	Les Mills Core	11:15-12:00
Saturday	23.03.2024	Body Balance	11:30-12:15
Saturday	23.03.2024	Body Pump	12:00-12:45

Kelvin Hall

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Friday	22.03.2024	Body Jam	18.45-19.30
Saturday	23.03.2024	Body Pump	09:30-10:15
Saturday	23.03.2024	Body Attack	10:15-11:00
Saturday	23.03.2024	RPM	11:00-11:45
Saturday	23.03.2024	Body Balance	11:30-12:30
Sunday	24.03.2024	Les Mills Dance	10:15-11:00

Maryhill

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Saturday	23.03.2024	Body Pump	10:00-10:45
Saturday	23.03.2024	Body Attack	11:00-11:45

Scotstoun

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Saturday	23.03.2024	Body Pump	09:15-10:00
Saturday	23.03.2024	Body Step	10:00-11:00
Saturday	23.03.2024	Body Attack	11:15-12:15
Saturday	23.03.2024	Body Combat	12:15-13:15
Saturday	23.03.2024	Body Balance	13:30-14:30

Springburn

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Monday	25.03.2024	Body Combat	18.30-19.15
Monday	25.03.2024	Body Pump	19.15-20.00
Monday	25.03.2024	Body Balance	20.15-21.00

Tollcross

<u>Day</u>	<u>Date</u>	<u>Class</u>	<u>Time</u>
Saturday	23.03.2024	Body Attack	09.15-10.00
Saturday	23.03.2024	Body Pump	10.00-10.45
Saturday	23.03.2024	Body Step	10.45-11.30