

GROUP VIRTUAL TIMETABLE

Batley Sports & Tennis Centre / September 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6am – STUDIO 2 LESMILLS THE TRIP 6:45am – 7:30am	STUDIO 2 LESMILLS BODYCOMBAT 6:45am – 7:30am	STUDIO 2 LESMILLS <i>sprint</i> 6:45am – 7:15am	STUDIO 2 ON DEMAND 6:45am – 9:15am	STUDIO 2 LESMILLS <i>RPM</i> 7:00am – 7:45am	STUDIO 2 LESMILLS BODYATTACK 8:00am – 8:45am	STUDIO 2 ON DEMAND 8:30am – 10:00am
		STUDIO 2 LESMILLS BODYBALANCE 7:30am – 8:15am	STUDIO 2 ON DEMAND 7:30am – 09:00am		STUDIO 2 ON DEMAND 7:45am – 10:00am	STUDIO 2 ON DEMAND 8:45am – 10:00am	
		STUDIO 2 LESMILLS <i>RPM</i> EXP 9:15am – 9:45am					STUDIO 2 LESMILLS BODYPUMP 10:30am – 11:30am
AFTERNOON		STUDIO 2 LESMILLS GRIT STRENGTH 10:15am – 10:45am					STUDIO 2 LESMILLS CORE 11:30am – 12:00pm
		STUDIO 2 ON DEMAND 11:00am – 4:30pm				STUDIO 2 ON DEMAND 11:30am – 2:00pm	
	12pm – STUDIO 2 LESMILLS CORE 12:30pm – 1:00pm		STUDIO 2 LESMILLS BODYPUMP 12:00pm – 12:45pm	STUDIO 2 LESMILLS <i>RPM</i> EXP 12:00pm – 12:30pm			STUDIO 2 ON DEMAND 12:00pm – 5:00pm
EVENING			STUDIO 2 LESMILLS BODYCOMBAT 1:00pm – 1:45pm				
	4pm – STUDIO 2 ON DEMAND 1:15pm – 2:45pm		STUDIO 2 ON DEMAND 2:00pm – 5:00pm	STUDIO 2 ON DEMAND 2:30pm – 6:30pm	STUDIO 2 ON DEMAND 2:00pm – 5:00pm	STUDIO 2 ON DEMAND 2:30pm – 5:00pm	
		STUDIO 2 LESMILLS BODYPUMP 4:30pm – 5:15pm					
	STUDIO 2 LESMILLS BODYCOMBAT 4:45pm – 5:30pm		STUDIO 2 LESMILLS BODYPUMP 5:30pm – 6:15pm		STUDIO 2 LESMILLS BODYATTACK EXP 5:00pm – 5:30pm		
	STUDIO 2 ON DEMAND 7:30pm – 9:00pm	LESMILLS BODYCOMBAT 6:45pm – 7:30pm	STUDIO 2 ON DEMAND 7:30pm – 9:00pm	STUDIO 2 ON DEMAND 7:45pm – 9:00pm	STUDIO 2 LESMILLS <i>RPM</i> 6:45pm – 7:30pm		
		STUDIO 2 LESMILLS <i>sprint</i> 8:00pm – 8:30pm			STUDIO 2 ON DEMAND 7:45pm – 9:00pm		
9pm –							

= Cycle On Demand
 = Studio On Demand
EXP = Express Class

