

# INVERNESS LEISURE - LES MILLS VIRTUAL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Virtual Body Balance * 06:15-07:00 S2	Virtual Body Attack *** 06:15-07:00 S2	Virtual GRIT Cardio *** 06:30-07:00 S2	Virtual Core * 06:15-07:00 S2	Virtual Body Pump ** 06:15-07:00 S2	Virtual Body Attack *** 08:30-09:15 S2
Virtual GRIT Cardio *** 20:00-20:30 S2	Virtual GRIT Athletic ** 17:00-17:30 S2	Virtual Body Pump ** 18:30-19:15 S2	Virtual GRIT Athletic ** 16:45-17:15 S2	Virtual Core * 18:15-19:00 S2	Virtual Body Pump ** 10:30-11:15 S2
	Virtual Body Pump ** 17:40-18:10 S2	Virtual Core * 19:30-20:00 S2	Virtual Body Pump ** 17:30-18:15 S2		
					SUNDAY
					Virtual GRIT Athletic ** 10:00-10:30 S2
					Virtual Body Pump ** 11:00-11:45 S2

* Low Intensity	** Medium Intensity	*** High Intensity
Cardio	Core	Body
		Resistance



Updated: May 2023

S2: Studio 2

**BOOKING POLICY:**

Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at [www.invernessleisure.co.uk/activities/onlinebookings](http://www.invernessleisure.co.uk/activities/onlinebookings)

**CANCELLATION POLICY:**

Please notify us of any cancellations as soon as possible prior to the class starting.

**DISHONOURMENT POLICY:**

If you fail to attend 3 classes over a 2 month period your online booking privileges will be blocked for 1 month.

**WE WOULD ASK ALL CUSTOMERS TO ADVISE INSTRUCTORS OF ANY CURRENT MEDICAL CONDITIONS OR INJURIES**

