

# INVERNESS LEISURE - LES MILLS VIRTUAL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 GRIT Athletic ** 10:00-10:30 S2
	Virtual Body Pump ** 17:40-18:10 S2	Virtual Core * 19:30-20:00 S2	Virtual Body Pump ** 17:30-18:15 S2			Virtual Body Pump ** 11:00-11:45 S2

\* Low Intensity    \*\* Medium Intensity    \*\*\* High Intensity

Cardio	Core	Body	Resistance
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Updated: November 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**

