

LES MILLS LAUNCHES – JANUARY 2024

Bellahouston

Day	Date	Class	Time
Saturday	13.01.2024	Body Attack	08:45-9:30
Saturday	13.01.2024	Body Step	09:30-10:15
Saturday	13.01.2024	Body Pump	10:15-11:00
Sunday	13.01.2024	Body Combat	14:15-15:00
Sunday	13.01.2024	Body Balance	15:15-16:00

Donald Dewar

Day	Date	Class	Time
Saturday	13.01.2024	Body Pump	09:15-10:00
Saturday	13.01.2024	Body Combat	10:00-10:45
Saturday	13.01.2024	Body Balance	10:45-11:30

Emirates Arena

Day	Date	Class	Time
Sunday	14.01.2024	Body Attack	09:30-10:15
Sunday	14.01.2024	Body Pump	10:15-11:00
Sunday	14.01.2024	Body Step	11:00-11:45
Sunday	14.01.2024	Les Mills Dance	11:45-12:30
Sunday	14.01.2024	Body Balance	12:30-13:30

Gorbals

Day	Date	Class	Time
Saturday	13.01.2024	Body Jam	09:30-10:30
Saturday	13.01.2024	Body Combat	10:30-11:15
Saturday	13.01.2024	Les Mills Core	11:15-12:00
Saturday	13.01.2024	Body Balance	11:30-12:15
Saturday	13.01.2024	Body Pump	12:00-12:45

Kelvin Hall

Day	Date	Class	Time
Friday	12.01.2024	Body Jam	18.45-19.30
Friday	12.01.2024	Les Mills Dance	19.45-20.30
Saturday	13.01.2024	Body Pump	09:30-10:15
Saturday	13.01.2024	Body Attack	10:15-11:00
Saturday	13.01.2024	RPM	11:00-11:45
Saturday	13.01.2024	Body Balance	11:30-12:30

Maryhill

Day	Date	Class	Time
Saturday	13.01.2024	Body Pump	10:00-10:45
Saturday	13.01.2024	Body Attack	11:00-11:45
Saturday	13.01.2024	LBT	11:45-12:30

Scotstoun

Day	Date	Class	Time
Saturday	13.1.2024	Body Pump	09:15-10:00
Saturday	13.1.2024	Body Step	10:00-11:00
Saturday	13.1.2024	Body Attack	11:15-12:15
Saturday	13.1.2024	Body Combat	12:15-13:15
Saturday	13.1.2024	Body Balance	13:30-14:30

Springburn

Day	Date	Class	Time
Monday	15.01.2024	Body Combat	18.30-19.15
Monday	15.01.2024	Body Pump	19.15-20.00
Monday	15.01.2024	Body Balance	20.15-21.00

Tollcross

Day	Date	Class	Time
Saturday	13.01.2024	Body Attack	09.15-10.00
Saturday	13.01.2024	Body Pump	10.00-10.45
Saturday	13.01.2024	Body Step	10.45-11.30