

LES MILLS  
**GRIT**

LES MILLS  
**BODYSTEP**

SUN

MON

TUE

WED

THU

FRI

SAT

July

1  
athletic

2

3  
strength  
classic

4

5

6  
strength

7  
athletic

8  
cardio

9

10  
cardio  
athletic

11

12

13  
cardio

14  
classic

15  
strength

16

17

18

19

20  
strength

21  
athletic

22  
athletic

23

24  
strength  
classic

25

26

27  
cardio

28  
classic

29  
cardio

30

31  
cardio  
athletic