

LES MILLS
GRIT

LES MILLS
BODYSTEP

SUN

MON

TUE

WED

THU

FRI

SAT

June

1
cardio

2
classic

3
strength

4

5
cardio
classic

6

7

8
strength

9
athletic

10
athletic
(plyo)

11

12

13

14

15
cardio

16
classic

17
cardio

18

19

20

21

22
strength

23
athletic

24
strength

25

26

27

28

29
cardio

30
classic