

LES MILLS  
**GRIT**

LES MILLS  
**BODYSTEP**

SUN

MON

TUE

WED

THU

FRI

SAT

september

1  
classic

2  
athletic

3

4  
strength  
athletic

5

6

7  
strength

8  
athletic

9  
cardio

10

11  
cardio  
classic

12

13

14  
cardio

15  
classic

16  
strength

17

18

19

20

21  
strength

22  
athletic

23

24

25  
strength  
athletic

26

27

28  
cardio

29  
classic

30  
athletic