

LES MILLS
Shapes

LES MILLS
GRIT

LES MILLS
THE TRIP

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----------------------------|-----|-----|-------------------|
| | | 1 | 2 SHAPES④PI athletic | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 SHAPES④PY strength | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 SHAPES④PI cardio | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 SHAPES④PY athletic | 24 | 25 | 26 THE TRIP 36 |
| 27 | 28 | 29 | 30 SHAPES④PI strength | 31 | | |
| | | | | | | |