

# Ablaufplan

## Fuerteventura



**Sonntag, 17.06.2018**  
**WELCOME-TREFF**  
 17:30 Uhr vor der Bodega. Anschließend  
 gemeinsames Abendessen

Montag 18.06.2018

Dienstag 19.06.2018

Mittwoch 20.06.2018

Donnerstag 21.06.2018

Freitag 22.06.2018

09:45 – 11:00 **LES MILLS OPENING**  
alle National Trainer

11:00 – 11:30 **LES MILLS BODYATTACK** 30'  
Patrick

11:35 – 12:05 **LES MILLS BODYJAM** 30'  
Isabell

12:10 – 12:40 **LES MILLS BODYPUMP** 30'  
Thorsten

09:30 – 10:00 **LES MILLS barre**  
Isabell

10:00 – 11:00 **LES MILLS BODYPUMP**  
Thorsten

11:05 – 12:05 **LES MILLS BODYCOMBAT**  
Isabell

12:10 – 12:55 **LES MILLS RPM**  
Tim

09:30 – 10:00 **LES MILLS tone** 30'  
Thorsten

10:00 – 11:00 **LES MILLS BODYBALANCE**  
Patrick

11:05 – 12:05 **LES MILLS GRIT & CXWORX**  
Patrick/Tim

12:10 – 12:55 **LES MILLS RPM**  
Tim

09:30 – 10:00 **LES MILLS barre** 30'  
Isabell

10:00 – 10:45 **LES MILLS BODYATTACK** 45'  
Patrick

10:55 – 11:35 **LES MILLS BODYPUMP** 45'  
Tim

11:45 – 12:30 **LES MILLS tone** 45'  
Thorsten

09:30 – 10:00 **LES MILLS tone** 30'  
Thorsten

10:00 – 10:45 **LES MILLS LMI STEP** 45'  
Thorsten

10:55 – 11:40 **LES MILLS BODYCOMBAT** 45'  
Tim

11:45 – 12:30 **LES MILLS GRIT | STRENGTH**  
Patrick/Tim

15:00 – 15:30 **LES MILLS RPM** 30'  
Tim

15:40 – 16:10 **LES MILLS LMI STEP** 30'  
Thorsten

16:15 – 16:45 **LES MILLS BODYCOMBAT** 30'  
Isabell/Tim

15:00 – 16:00 **LES MILLS BODYPUMP**  
Patrick

16:00 – 17:00 **LES MILLS BODYATTACK**  
Patrick

17:00 – 17:30 **LES MILLS CXWORX**  
Tim

15:00 – 15:55 **LES MILLS LMI STEP**  
Thorsten

16:00 – 17:00 **LES MILLS BODYPUMP**  
Thorsten

17:00 – 18:00 **LES MILLS BODYJAM**  
Isabell

15:00 – 15:45 **LES MILLS RPM**  
Tim

15:50 – 16:35 **LES MILLS BODYCOMBAT** 45'  
Isabell

16:40 – 17:25 **LES MILLS SH'BAM**  
Isabell

15:00 – 15:45 **LES MILLS BODYPUMP** 45'  
Patrick

15:50 – 16:35 **LES MILLS BODYJAM** 45'  
Isabell

16:40 – 17:30 **LES MILLS GAMES & SPECIAL**  
alle National Trainer

16:50 – 17:20 **LES MILLS GRIT | STRENGTH**  
Patrick/Tim

17:25 – 17:55 **LES MILLS CXWORX**  
Patrick

18:00 – 18:30 **LES MILLS BODYBALANCE** 30'  
Thorsten

17:30 – 18:15 **LES MILLS BODYBALANCE** 45'  
Thorsten

ab 19:00 **Get Together**  
gemeinsames Abendessen

17:30 – 18:15 **LES MILLS BODYBALANCE** 45'  
Patrick

ab 18:30 Sekt-Empfang  
Abschlussbilder  
**Gala-Abend**  
gemeinsames Abendessen

Änderungen vorbehalten