

25.08.2018

# Quarterly BERLIN

## MASTERCLASSES

Uhrzeit Programm\*

08:30 – 09:00 Check-in

09:00 – 10:00 **LES MILLS BODYPUMP** STUDIO 1

09:00 – 10:00 **LES MILLS BODYJAM** STUDIO 2

11:00 – 11:30 **LES MILLS barre** STUDIO 2

11:00 – 11:45 **LES MILLS BODYPUMP** 45' STUDIO 1

11:55 – 12:40 **LES MILLS LMI STEP** 45' STUDIO 1

11:55 – 12:40 **LES MILLS RPM** STUDIO 2

13:25 – 14:25 **LES MILLS BODYCOMBAT** STUDIO 1

13:35 – 14:20 **LES MILLS SH'BAM** STUDIO 2

14:35 – 15:05 **LES MILLS CXWORX** STUDIO 1

15:20 – 16:05 **LES MILLS tone** STUDIO 1

16:15 – 16:45 **LES MILLS GRIT** STUDIO 1

17:00 – 18:00 **LES MILLS BODYATTACK** STUDIO 1

18:20 – 19:20 **LES MILLS BODYBALANCE** STUDIO 1

Foto: Ali Gator

\*THEORIE: siehe Extraplan



HOLMES PLACE

Holmes Place Berlin Ostkreuz  
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National Trainer  
& Presenter vor Ort:

Bettina Keller  
Charlene Masuch  
Jonas Scheunert  
Judith Scholl  
Julia Rebhan  
Lisa Gläser  
Ute Borchardt  
Willimag Oheneba

Änderungen vorbehalten

25.08.2018

# Quarterly BERLIN

nur für  
Instruktoren

## THEORIE

### Uhrzeit Programm

10:15 – 10:45	LES MILLS <b>BODYPUMP</b>	STUDIO 1
10:15 – 10:45	LES MILLS <b>BODYJAM</b>	STUDIO 2
12:50 – 13:20	LES MILLS <b>RPM</b>	STUDIO 2
12:50 – 13:20	LES MILLS <b>BODYCOMBAT</b>	STUDIO 1
14:35 – 15:05	LES MILLS <b>tone</b>	STUDIO 2
15:20 – 15:50	LES MILLS <b>CXWORX</b>	STUDIO 2
16:15 – 16:45	LES MILLS <b>BODYATTACK</b>	STUDIO 2
17:00 – 17:30	LES MILLS <b>GRIT</b>	STUDIO 2
17:40 – 18:10	LES MILLS <b>BODYBALANCE</b>	STUDIO 2

Foto: Ali Gator