

LES MILLS LIVE DUBAI 2018



08.12.2018

SCHEDULE SCHEDULE SCHEDULE SCHEDULE

MAIN HALL		HALL 2	
10.00	BODYPUMP™ 108 55mins	10.00	LES MILLS SPRINT™ 14 30mins
11.45	BODYSTEP™ 114 55mins	10.45	RPM™ 81 45mins (session 1)
14.00	LES MILLS THE TRIP™ 15 40mins	11.45	RPM™ 81 45mins (session 2)
15.30	CXWORX™ 33 30mins	13.45	BODYJAM™ 87 55mins
16.15	BODYATTACK™ 103 55mins	15.00	LES MILL BARRE™ 5 30mins
17.30	SH'BAM™ 34 45mins	15.45	BODYBALANCE™ 83 55mins
18.30	BODYCOMBAT™ 78 55mins	17.00	LES MILLS TONE™ 4 1hr
		18.00	LES MILLS GRIT CARDIO™ 27 30mins

