



DON'T MISS OUT!

#LESMILLSIVE

INTERNATIONAL AND NATIONAL MASTER TRAINERS

IN PARTNERSHIP WITH IDEA WORLD CONVENTION

DON'T MISS OUT!

JUNE 28-29 2019

FRIDAY

LES MILLS CHAIN STUDIO
POWERED BY TOM & LUKE
ACC NORTH 251 A&B

SATURDAY

LES MILLS STUDIO
HILTON ANAHEIM CALIFORNIA BALLROOM

SHOWCASE ARENA
ANAHEIM CONVENTION CENTER HALL D

LES MILLS CHAIN STUDIO
POWERED BY TOM & LUKE
ACC NORTH 251 A&B

LES MILLS DANCE
ANAHEIM CONVENTION CENTER GRAND PLAZA

7:00 AM				THE TRIP 45 min 7:00 - 7:45	
8:00		BODYPUMP 60 min 8:00 - 9:00		RPM 45 min 8:15 - 9:00	
9:00		BODYPUMP 60 min 9:30 - 10:30		LES MILLS SPRINT 30 min 9:30 - 10:00	BODYJAM 60 min 9:30 - 10:30
10:00				THE TRIP 45 min 10:30 - 11:15	SH'BAM 60 min 10:45 - 11:45
11:00		LES MILLS GRIT POLAR 30 min 11:15 - 11:45	BODYSTEP 60 min 11:45 - 12:45	RPM 45 min 11:45 - 12:30	
12:00 PM	THE TRIP 45 min 11:45 - 12:30	CXWORX 30 min 12:15 - 12:45			
1:00	THE TRIP 45 min 12:45 - 1:30	BODYCOMBAT 60 min 1:15 - 2:15	LES MILLS TONE 45 min 1:15 - 2:00	LES MILLS SPRINT POLAR 30 min 1:00 - 1:30	
2:00	LES MILLS SPRINT 30 min 1:45 - 2:15	BODYATTACK 60 min 2:30 - 3:30	LES MILLS BARRE 30 min 2:15 - 2:45	THE TRIP 45 min 2:00 - 2:45	
3:00				THE TRIP 45 min 3:15 - 4:00	
4:00		LES MILLS GRIT Reebok PureMove 30 min 3:45 - 4:15			
5:00	RPM 45 min 4:45 - 5:30	BODYFLOW 60 min 4:30 - 5:30			
6:00	LES MILLS SPRINT POLAR 30 min 5:45 - 6:15				
7:00 PM	THE TRIP 45 min 6:30 - 7:15				AFTER PARTY Workout for Water 150 min 7:30 - 10:00