

LES MILLS MASTERCLASSES

Hameln, 23. Mai 2020

ab 7:30 Check-in

CITY HALL

LIFESPORTS

CYCLE

09:00 09:45	BODYPUMP 45 Min Format klassisch	BODYBALANCE 45 min	—
10:05 10:50	LMI STEP 45 min	LES MILLS BARRE 30 min	SPRINT 30 min
11:10 11:55	BODYPUMP 45 Min. Format Kombi	BODYATTACK 45 min	RPM 45 min
12:15 12:45	LES MILLS GRIT 30 min	EDUCATION: YOGA 30 min	SPRINT 30 min
13:05 13:50	BODYATTACK 45 min	EDUCATION: LES MILLS DANCE 45 min	RPM 45 min
14:10 14:40	CXWORX 30 min	LES MILLS BARRE 30 min	EDUCATION: CYCLE 30 min
15:00 15:45	LES MILLS TONE 45 min	BODYCOMBAT 45 min	RPM 45 min
16:00 16:30	BODYBALANCE FLEX 30 min	CXWORX 30 min	SPRINT 30 min
16:45 17:30	BODYCOMBAT 45 min	EDUCATION: BODYPUMP Technik Training 45 min	RPM 45 min
17:45 18:40	SH'BAM meets BODYJAM 55 min	—	—

SPECIAL EDUCATIONS IN DER TRIBE ACADEMY:

14:10 **Advanced Training Education**
14:40

15:00 **Jentschura: Gewicht runter, Leistung hoch:**
15:45 **Basische Ernährung**

16:00 **BLACKROLL: Faszientraining & Regeneration**
16:30

LES MILLS
TRIBAL GATHERING
[SPECIAL EDITION]