

# ZATERDAG 14 NOVEMBER 2020

LES MILLS  
**ONLIVE**  
MEGA QUARTERLY

## THE REVOLUTION STREAM

08.00 - 09.00	<b>BODYPUMP 115</b> with Glen Ostergaard
09.15 - 10.15	<b>BODYCOMBAT 85</b> with Rachael Newsham
10.30 - 11.35	<b>SH'BAM 41</b>
11.50 - 13.10	<b>BODYBALANCE 90</b>
13.25 - 14.30	<b>RPM 88</b>
14.45 - 15.35	<b>CXWORX 40</b>
15.50 - 16.40	<b>LES MILLS GRIT SERIES 34</b>
17.00 - 18.20	<b>BODYJAM 94</b>
19.00 - 20.00	<b>BODYATTACK 110</b> with Lisa Osborne
20.15 - 21.30	<b>SURPRISE DANCE SET</b>

## THE BRIGHT STREAM

08.45 - 10.05	<b>BODYSTEP 121</b>
10.20 - 11.25	<b>LES MILLS TONE 11</b>
11.45 - 12.45	<b>STAYING MENTALLY FIT WHILE FACING NEW CORONA VIRUS REGULATIONS (Q&amp;A)</b> with Chi L. Chiu - workshop
13.00 - 13.45	<b>VAN SLAAPKOP NAAR KOPLOPER</b> with Mark Schadenberg - workshop
14.00 - 14.30	<b>HIIT 2.0</b> with Yves van den Eynden - workshop
14.45 - 15.35	<b>LES MILLS SPRINT 21</b>
15.50 - 16.40	<b>LES MILLS BARRE 12</b>
16.55 - 17.25	<b>HOW TO BECOME A LES MILLS INSTRUCTOR</b> with Trainer team NL/BE - workshop
17.40 - 18.10	<b>THE 'NEW' CUSTOMER ENGAGEMENT</b> with Jos Eemstra - workshop

# ZONDAG 15 NOVEMBER 2020

LES MILLS  
**ONLIVE**  
MEGA QUARTERLY

## THE REVOLUTION STREAM

08.00 - 09.00	<b>BODYBALANCE 90</b> with Kylie Gates
09.15 - 09.45	<b>LES MILLS GRIT SERIES 34</b> with Bas Hollander
10.00 - 10.30	<b>LES MILLS SPRINT 21</b> with Bas Hollander
10.55 - 12.15	<b>BODYSTEP 121</b>
12.30 - 13.50	<b>BODYPUMP 115</b>
14.10 - 15.30	<b>BODYCOMBAT 85</b>
15.45 - 16.50	<b>LES MILLS TONE 11</b>
17.05 - 18.10	<b>SH'BAM 41</b>
19.00 - 20.00	<b>BODYJAM 94</b> with Gandalf Archer-Mills

## THE BRIGHT STREAM

08.30 - 09.50	<b>BODYATTACK 110</b>
10.05 - 10.55	<b>LES MILLS BARRE 12</b>
11.10 - 12.15	<b>RPM 88</b>
12.30 - 13.30	<b>STAYING MENTALLY FIT WHILE FACING NEW CORONA VIRUS REGULATIONS (Q&amp;A)</b> with Chi L. Chiu - workshop
13.45 - 14.30	<b>VAN SLAAPKOP NAAR KOPLOPER</b> with Mark Schadenberg - workshop
14.45 - 15.35	<b>CXWORX 40</b>
15.45 - 17.15	<b>ONLINE BOXING KWARTAAL</b>
17.30 - 18.00	<b>HIIT 2.0</b> with Yves van den Eynden - workshop