

KWARTAAL WORKSHOPS

Q2-2021

LES MILLS

ZATERDAG 5 JUNI 2021 - ONLINE

THE REVOLUTION STREAM

THE BRIGHT STREAM

09.00	BODYATTACK ¹¹² 08.30 - 09.30	BODYJAM ⁹⁶ 08.30 - 09.30
10.00	LES MILLS GRIT ³⁶ 09.40 - 10.10	LES MILLS BARRE ¹⁴ 09.40 - 10.10
11.00		ALL-IN GATHERING 10.15 - 11.00
12.00	BODYCOMBAT ⁸⁷ 11.10 - 12.10	BODYSTEP ¹²³ 11.10 - 12.10
13.00	LES MILLS CORE (try-out) 12.20 - 13.05	MINDFULNESS SELF-CARE IN ISOLATION 12.25 - 12.55
14.00	BODYBALANCE (try-out) 13.15 - 14.15	LES MILLS SPRINT 13.10 - 13.40
15.00	BODYPUMP ¹¹⁷ 14.25 - 15.25	PROGRAMMING AB TRAINING TRENDS OF THE FUTURE 13.55 - 14.25
16.00	SH'BAM ⁴³ 15.35 - 16.20	NUTRITION 10 THINGS TO KNOW ABOUT YOUR H2O 14.40 - 15.10
17.00	RPM ⁹⁰ 16.30 - 17.15	EXCERCISE SCIENCE THE SCIENCE OF GLUTE TRAINING 15.25 - 15.55
	LES MILLS TONE ¹³ 17.25 - 18.10	