

**LES MILLS**

**ABU DHABI**

Abu Dhabi Country Club

4th JUNE 2021

**QUARTERLY 2  
WORKSHOPS 2021**

**STUDIO 5**

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9.00 – 9.45

**BODYPUMP**

Caroline,  
Marc

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10.00 – 10.45

**BODYATTACK**

Fernando

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11.00 – 11.30

**GRIT CARDIO**

Marc

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12.00 – 12.45

**BODYCOMBAT**

Fernando

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14.15 – 15.00

**BODYPUMP**

Fiona,  
Lauren

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16.15 – 17.00

**LM CORE**

Caroline

**CYCLING STUDIO**

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13.00 – 13.45

**RPM**

Lauren

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15.30 – 16.00

**SPRINT**

Fiona

visit: [www.lesmills.com/ae](http://www.lesmills.com/ae)

email: [imea.instructor@lesmills.com](mailto:imea.instructor@lesmills.com)

**LES MILLS**

**DUBAI**

Jumeirah Creekside  
Hotel and Aviation Club  
5th June 2021

**QUARTERLY 2  
WORKSHOPS 2021**

**GX STUDIO**

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8.00 – 8.45

**BODYPUMP - I**

Marc, Fiona

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9.00 – 9.45

**BODYPUMP - II**

Aldrin, Natalie

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10.00 – 10.45

**BODYSTEP**

JD

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11.15 – 12.00

**RPM1**

Aldrin, Fiona

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12.15 – 12.45

**SPRINT**

Lauren, Natalie

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13.00 – 14.00

**EDUCATION**

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14.15 – 15.00

**RPM - II**

Natalie, Lauren

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15.20 – 15.50

**LM BARRE**

Denisa

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16.00 – 16.45

**BODYPUMP - III**

Denisa, Nikola

visit: [www.lesmills.com/ae](http://www.lesmills.com/ae)

email: [imea.instructor@lesmills.com](mailto:imea.instructor@lesmills.com)

## **BALLROOM**

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10.00 – 10.45

### **BODYATTACK**

Uros

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11.00 – 11.45

### **BODYJAM**

Ireen, Clark

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12.00 – 12.45

### **SH'BAM**

Talia, JD

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13.00 – 14.00

### **EDUCATION**

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14.00 – 14.45

### **GRIT CARDIO**

Marc

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15.00 – 15.45

### **LM CORE**

Mariana, Elly,  
Nikola

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16.00 – 16.45

### **LM TONE**

Talia, Mariana

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17.00 – 17.45

### **BODYCOMBAT**

Rio, Desmond

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18.00 – 18.45

### **BODYBALANCE**

Elly

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5th June 2021