

KWARTAAL WORKSHOPS

Q2-2021

LES MILLS

ZATERDAG 12 JUNI 2021 - ON THE BEACH

	CENTER COURT	VIP DECK
09.00	BODYPUMP ¹¹⁷ VOL! 08.30 - 09.15	
10.00	BODYBALANCE VOL! 09.25 - 10.10	RPM ⁹⁰ VOL! 09.30 - 10.15
11.00	BODYCOMBAT ⁸⁷ 10.15 - 11.00	LES MILLS SPRING VOL! 10.30 - 11.00
12.00	BODYATTACK VOL! 11.05 - 11.50	RPM ⁹⁰ VOL! 11.15 - 12.00
13.00	BODYPUMP ¹¹⁷ VOL! 12.00 - 12.45	RPM ⁹⁰ 12.15 - 13.00
14.00	LES MILLS GRIT VOL! 13.00 - 13.30	BODYSTEP ¹²³ 13.40 - 14.25
15.00	BODYPUMP ¹¹⁷ 13.40 - 14.25	
16.00	LES MILLS CORE ⁴² 14.35 - 15.20	
17.00	BODYPUMP ¹¹⁷ 15.30 - 16.15	LES MILLS TONE ¹³ 15.30 - 16.15
	SH'BAM ⁴³ 16.25 - 17.10	
	BODYBALANCE ⁹² 17.15 - 18.00	BODYJAM ⁹⁶ 17.15 - 18.00