



ABLAUFPLAN AMPFLWANG



Montag 27.09.2021

09:30 – 10:30
THEATER **LES MILLS OPENING**
ALLE NATIONAL TRAINER

10:45 – 11:15
THEATER **LES MILLS BODYPUMP** 30
Sabine

10:45 – 11:15
SEMINARRAUM **LES MILLS BODYATTACK** 30
Marc

11:25 – 11:55
THEATER **LES MILLS CORE**
Sabine

11:25 – 11:55
THEATER **LES MILLS BODYCOMBAT** 30
Carina

12:05 – 12:35
SEMINARRAUM **LES MILLS barre**
Nadja

12:05 – 12:35
THEATER **LES MILLS LMI STEP** 30
Sabine

15:00 – 15:30
CYCLING – RAUM **LES MILLS sprint**
Carina

15:00 – 15:30
THEATER **LES MILLS SH'BAM** 30
Nadja

15:40 – 16:10
THEATER **LES MILLS tone** 30
Marc

15:40 – 16:10
SEMINARRAUM **LES MILLS GRIT** | CARDIO
Sabine

16:20 – 16:50
SEMINARRAUM **LES MILLS BODYJAM** 30
Nadja

16:20 – 16:50
THEATER **LES MILLS BODYPUMP** 30
Marc

17:00 – 17:30
THEATER **LES MILLS BODYBALANCE** 30
Carina

Dienstag 28.09.2021

09:30 – 10:15
THEATER **LES MILLS tone**
Marc

09:30 – 10:15
CYCLING – RAUM **LES MILLS RPM**
Carina

10:30 – 11:15
SEMINARRAUM **LES MILLS BODYJAM**
Nadja

10:30 – 11:15
THEATER **LES MILLS BODYPUMP**
Sabine

11:30 – 12:15
THEATER **LES MILLS BODYATTACK**
Marc

15:00 – 15:30
SEMINARRAUM **LES MILLS barre**
Nadja

15:00 – 15:30
THEATER **LES MILLS GRIT** | STRENGTH
Sabine

15:45 – 16:30
THEATER **LES MILLS LMI STEP**
Sabine

15:45 – 16:30
SEMINARRAUM **LES MILLS BODYCOMBAT**
Carina

16:45 – 17:30
THEATER **LES MILLS BODYBALANCE**
Carina

ab 19:00
THEATER Get Together

Mittwoch 29.09.2021

07:30 – 08:30
THEATER **LES MILLS BODYBALANCE**
meets Yoga
Carina

09:30 – 10:15
THEATER **LES MILLS BODYPUMP**
Marc

09:45 – 10:15
SEMINARRAUM **LES MILLS barre**
Nadja

10:30 – 11:15
SEMINARRAUM **LES MILLS SH'BAM**
Nadja

10:30 – 11:15
THEATER **LES MILLS tone**
Marc

11:30 – 12:30
THEATER **LES MILLS BODYCOMBAT**
Maik

15:00 – 15:45
CYCLING – RAUM **LES MILLS RPM**
Carina

15:00 – 15:45
THEATER **LES MILLS BODYATTACK**
Marc

16:00 – 16:45
THEATER **LES MILLS BODYPUMP**
Sabine

16:00 – 16:45
THEATER **LES MILLS BODYBALANCE**
Carina

17:00 – 17:45
SEMINARRAUM **LES MILLS CORE** 45
Sabine

Donnerstag 30.09.2021

07:30 – 08:00
SEMINARRAUM **LES MILLS GRIT** | CARDIO
Sabine

09:30 – 10:30
SEMINARRAUM **LES MILLS BODYBALANCE**
Carina

09:30 – 10:30
THEATER **LES MILLS BODYATTACK**
Marc/Nadja

10:45 – 11:15
CYCLING – RAUM **LES MILLS sprint**
Carina

10:45 – 11:15
SEMINARRAUM **LES MILLS CORE**
Sabine

11:30 – 12:30
THEATER **LES MILLS LMI STEP**
Sabine

15:00 – 15:45
THEATER **LES MILLS tone**
Marc

15:00 – 15:45
SEMINARRAUM **LES MILLS BODYCOMBAT**
Carina

16:00 – 17:00
THEATER **LES MILLS BODYPUMP**
Maik

16:00 – 17:00
SEMINARRAUM **LES MILLS BODYJAM**
Nadja

18:30
ab 19:00 Sektempfang
Gala – Abend

Freitag 01.10.2021

09:30 – 10:30
THEATER **LES MILLS BODYPUMP**
Marc

09:30 – 10:30
SEMINARRAUM **LES MILLS SH'BAM** meets
LES MILLS BODYJAM
Nadja

10:45 – 11:15
SEMINARRAUM **LES MILLS barre**
Nadja

10:45 – 11:15
THEATER **LES MILLS GRIT** | ATHLETIC
Maik

11:30 – 12:15
THEATER **LES MILLS CORE** 45
Sabine

15:00 – 16:00
THEATER **LES MILLS BODYCOMBAT** meets
LES MILLS BODYATTACK
Marc/Maik

16:15 – 17:00
THEATER **LES MILLS BODYBALANCE**
Carina

17:15 – 18:00
THEATER LM Games
ALLE