

LIVE
REC 

HYBRID

AEROBIC
ZAAL

AEROBIC
ZAAL 2

FIETS
ZAAL

WORKSHOPS
ZAAL 1

09.00

RPM ²¹

08.30 - 09.15

10.00

PROGRAMMING

THE HYBRIDLIVE EN ONLINE STUDIO
09.30 - 10.00

11.00

MINDFULNESS

THE AMAZING LINK BETWEEN MINDFULNESS AND MUSCLE
10.30 - 11.00

12.00

LES MILLS
TONE ¹⁴

11.30 - 12.15

RPM ²¹

11.00 - 11.45

13.00

BODY
PUMP ¹¹⁸

12.15 - 13.15

SH'BAM ⁴⁴

12.25 - 13.10

14.00

BODY
BALANCE ⁹²

13.30 - 14.30

LES MILLS
CORE ⁴³

13.20 - 13.50

EXERCISE SCIENCE

THE FUTURE OF CHOREOGRAPHY
13.15 - 13.45

15.00

LES MILLS
GRIT ³⁷

14.45 - 15.15

BODY
STEP ¹³⁴

14.00 - 15.00

LES MILLS
SPRINT ²⁴

14.00 - 14.30

PROGRAMMING

THE HYBRID INSTRUCTOR
14.15 - 14.45

16.00

BODY
PUMP ¹¹⁸

15.30 - 16.30

BODY
ATTACK ¹¹⁸

15.10 - 16.10

17.00

BODY
COMBAT ⁵⁹

16.45 - 17.45

BODY
JAM ⁷⁷

16.20 - 17.20

18.00

LES MILLS
BARRE ¹⁵

17.30 - 18.00

FITNESSCLUB DEMIX
NIEUWEGEIN

AUG 28 2021

KWARTAAL
WORKSHOPS

Q3-2021

LES MILLS