

LIVE
REC 

HYBRID

LIVE & ONLINE

KOEPEL HAL

WAGENMAKERIJ

09.00

LES MILLS TONE ¹⁴
08.30 - 09.15

LES MILLS SPRINT ²⁴
08.45 - 09.15

10.00

BODYCOMBAT ⁸⁸
09.30 - 10.30

RPM ⁹¹
09.30 - 10.15

11.00

BODYBALANCE ⁹³
10.45 - 11.45

LES MILLS CORE ⁴³
10.40 - 11.25

12.00

LES MILLS BARRE ¹⁵
11.40 - 12.10

13.00

BODYPUMP ¹¹⁸
12.05 - 13.05

PROGRAMMING
THE HYBRID INSTRUCTOR
12.45 - 13.15

14.00

LES MILLS GRIT ³⁷
13.25 - 13.55

MINDFULNESS
THE AMAZING LINK BETWEEN MINDFULNESS AND MUSCLE
13.30 - 14.00

15.00

BODYATTACK ¹¹³
14.10 - 15.10

EXCERCISE SCIENCE
THE FUTURE OF CHOREOGRAPHY
14.15 - 14.45

16.00

SH'BAM ⁴⁴
15.25 - 16.10

PROGRAMMING
THE HYBRID STUDIO
15.00 - 15.30

17.00

BODYSTEP ¹²⁴
16.25 - 17.25

**BOXING
KWARTAAL**
16.00 - 17.30

18.00

BODYJAM ⁹⁷
17.40 - 18.40

19.00

**SPOORZONE
TILBURG**

AUG 21 2021

**KWARTAAL
WORKSHOPS**
Q3-2021
LES MILLS