

# LES MILLS BEACH WORKOUT PROGRAMMA 6 AUGUSTUS 2022

## AREA 1 CENTER COURT

## AREA 2 CYCLE

## AREA 3

## AREA 4

## VIP DECK KLEDINGSHOP

09:00	<b>BODYBALANCE 97</b> 09:00 - 10:00	<b>RPM 95</b> 09:15 - 10:00	<b>BODYATTACK 117</b> 09:00 - 10:00		
10:00					
11:00	<b>BODYPUMP 122</b> 10:15 - 11:15	<b>LES MILLS SPRINT 28</b> 10:15 - 10:45	<b>BODYCOMBAT 92</b> 10:15 - 11:15	<b>LES MILLS TONE 18</b> 10:15 - 11:00	
12:00	<b>LES MILLS CHALLENGE</b> 11:30 - 12:30	<b>RPM 95</b> 11:00 - 11:45		<b>LES MILLS CORE 47</b> 11:15 - 11:45	
13:00	<b>LES MILLS GRIT 41</b> 12:45 - 13:15	<b>LES MILLS SPRINT 28</b> 12:00 - 12:30	<b>BODYBALANCE 97</b> 11:30 - 12:30	<b>SH'BAM 48</b> 12:00 - 12:45	
14:00	<b>BODYPUMP 122</b> 13:30 - 14:30	<b>RPM 95</b> 12:45 - 13:30	<b>BODYBALANCE 97</b> 12:45 - 13:45	<b>BODYJAM 101</b> 13:00 - 14:00	
15:00	<b>BODYPUMP 122</b> 14:45 - 15:45	<b>RPM 95</b> 13:45 - 14:30	<b>BODYCOMBAT 92</b> 14:00 - 15:00	<b>SH'BAM 48</b> 14:15 - 15:00	
16:00			<b>BODYATTACK 117</b> 15:15 - 16:15	<b>BODYBALANCE 97</b> 15:15 - 16:15	
17:00	<b>BODYPUMP 122</b> 16:00 - 17:00		<b>LES MILLS BARRE 19</b> 16:30 - 17:00	<b>BOXING KWARTAAL + TRY OUT</b> 16:30 - 17:30	<b>BODYSTEP 128</b> 16:30 - 17:30
18:00	<b>LES MILLS CORE 47</b> 17:15 - 17:45				
			<b>BBQ + DJ</b> 18:00 - 21:00		