

LES MILLS BEACH WORKOUTS

PROGRAMMA 6 AUGUSTUS 2022

AREA 1 CENTER COURT

AREA 2 CYCLE

AREA 3

AREA 4

VIP DECK KLEDINGSHOP

09:00

BODYBALANCE 97
09:00 - 10:00

RPM 95
09:15 - 10:00

BODYATTACK 117
09:00 - 10:00

10:00

BODYPUMP 122
10:15 - 11:15

LES MILLS SPRINT 28
10:15 - 10:45

BODYCOMBAT 92
10:15 - 11:15

LES MILLS TONE 18
10:15 - 11:00

11:00

LES MILLS CHALLENGE
11:30 - 12:30

RPM 95
11:00 - 11:45

LES MILLS CORE 47
11:15 - 11:45

12:00

LES MILLS SPRINT 28
12:00 - 12:30

BODYBALANCE 97
11:30 - 12:30

SH'BAM 48
12:00 - 12:45

13:00

LES MILLS GRIT 41
12:45 - 13:15

RPM 95
12:45 - 13:30

BODYBALANCE 97
12:45 - 13:45

BODYJAM 101
13:00 - 14:00

14:00

BODYPUMP 122
13:30 - 14:30

RPM 95
13:45 - 14:30

BODYCOMBAT 92
14:00 - 15:00

SH'BAM 48
14:15 - 15:00

15:00

BODYPUMP 122
14:45 - 15:45

**DIVERSE STRAND- EN
WATERACTIVITEITEN**
HELE DAG

BODYATTACK 117
15:15 - 16:15

BODYBALANCE 97
15:15 - 16:15

16:00

BODYPUMP 122
16:00 - 17:00

LES MILLS BARRE 19
16:30 - 17:00

**BOXING KWARTAAL
+ TRY OUT**
16:30 - 17:30

BODYSTEP 128
16:30 - 17:30

17:00

LES MILLS CORE 47
17:15 - 17:45

18:00

BBQ+ DJ
18:00 - 21:00