LesMills LIVE 2025

STOCKHOLM

30 AUG 2025
30 AUG 2025
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LesMills

AVICII ARENA

08.00-08.45	BODY & MIND SURPRISE 45	Khiran, Teresia, Marika, Anna-Karin
09.00-10.00	BODYATTACK	Sebastian, Billy, Simon, Niko, Eva, Lydia, Kipa, Sander
10.15-11.00	BODYCOMBAT 45	Rachael, Steve, Claudia, Joakim, Szymon, Elena
11.15-12.00	LES MILLS DANCE 45	Sebastian, Dorotka, Billy, Niklas, Natalia
12.15-13.00	LES MILLS PILATES 45	Florian, Louise, Kimi, Veronika
13.15-14.15	BODYJAM	Rachael, Dorotka, Claudia, Niklas, Billy
14.30-15.30	BODYBALANCE	Khiran, Niko, Marika, Sander, Teresia, Anna-Karin
15.45-16.45	BODYCOMBAT	Rachael, Marlon, Sebastian, Anthony, Adam, Cristina, Veronika
16.55-17.30	AFTERWORKOUT	

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ANNEXET

09.00-10.00	BODYPUMP	Ben, Marlon, Steve, Elina, Veronika, Karin
10.15-11.00	BODYPUMP 45	Bronté, Anthony, Konsta, Elin A, Marika
11.15-12.00	BODYPUMP 45	Ben, Marlon, Simon, Cristina, Niko, Cristine
12.15-12.45	LES MILLS GRIT STRENGTH	Bas, Anthony, Adam, Eva, Raissa, Konsta
13.00-13.45	STRENGTH SURPRISE 45	Ben, Simon, Cristine
14.00-14.45	BODYSTEP	Raissa, Lydia, Ditte, Louise
15.00-15.30	LES MILLS CORE	Bronté, Florian, Elin A, Fanny, Niklas
15.40-16.10	LES MILLS CORE	Florian, Karin, Cristine, Lydia
16.20-16.50	LES MILLS SHAPES 30	Bronté, Sander, Teresia, Natalia, Kimi

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VALHALL

08.45-09.15	LES MILLS SPRINT	Mikaela, Eerika
09.20-10.05	RPM	Bas, Ditte
10.15-11.00	THE TRIP LIVE	Eerika, Sara
11.15-11.45	LES MILLS SPRINT	Khiran, Fanny
11.55-12.40	RPM	Ditte
12.50-13.35	THE TRIP LIVE	Eerika, Kipa
13.50-14.20	LES MILLS SPRINT	Mikaela, Fanny
14.35-15.20	THE TRIP LIVE	Bas, Konsta
15.30-16.00	LES MILLS SPRINT	Mikaela
16.10-16.55	THE TRIP LIVE	Kipa, Sara