

LES MILLS BEACH WORKOUTS

PROGRAMMA ZATERDAG 30 AUGUSTUS 2025

	AREA 1	AREA 2	AREA 3
09:00	BODYPUMP 134 09:00 – 10:00	LES MILLS DANCE 09 09:00 – 09:45	RPM 107 09:00 – 09:45
10:00	LES MILLS GRIT 53 10:15 – 10:45	BODYBALANCE 109 10:00 – 11:00	RPM 107 10:00 – 10:45
11:00	BODYPUMP 134 11:00 – 12:00	BODYJAM 113 11:15 – 12:15	LES MILLS SPRINT 40 11:00 – 11:30
12:00	NEW BODY/MIND PROGRAM 12:15 – 13:15		RPM 107 11:45 – 12:30
13:00			
14:00	BODYPUMP 134 13:30 – 14:30	BODYATTACK 129 13:30 – 14:30	RPM 107 13:15 – 14:00
15:00	LES MILLS CORE 59 14:45 – 15:15	BODYCOMBAT 104 14:45 – 15:45	BODYSTEP 140 14:30 – 15:30
16:00	LES MILLS TONE 30 15:30 – 16:15	BODYBALANCE 109 16:00 – 17:00	BODYSTEP 140 15:45 – 16:45
17:00	DJ 17:15 – 21:00		
18:00			



LES MILLS BEACH WORKOUTS

PROGRAMMA ZONDAG 31 AUGUSTUS 2025

BEACH

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

SUNRISE BEACH WORKOUT

NEW BODY/MIND PROGRAM | 10:30 - 11:15
BODYBALANCE | 11:25 - 12:00

SUNRISE AFTER MEETING

SLUIT DE ZONDAG GEZAMENLIJK MET ONS AF IN ONZE LES MILLS AREA

LES MILLS

