

LES MILLS BEACH WORKOUTS

PROGRAMMA 31 AUGUSTUS 2024

AREA 1

AREA 2

AREA 3

AREA 4

09:00

BODYPUMP 130
09:00 – 10:00

BODYBALANCE 105
09:00 – 10:00

RPM 103
09:15 – 10:00

10:00

LES MILLS GRIT 49
10:15 – 10:45

THE BEST OF BODYCOMBAT
10:15 – 11:15

RPM 103
10:15 – 11:00

11:00

LES MILLS FUNCTIONAL STRENGTH
11:00 – 12:00

LES MILLS SPRINT 36
11:15 – 11:45

BLOKARTEN
[€53,41 INCL. BTW]
10:30 – 12:00

12:00

LES MILLS CORE 55
12:15 – 12:45

BODYATTACK 125
11:30 – 12:30

RPM 103
12:00 – 12:45

13:00

LES MILLS TONE 26
13:00 – 13:45

BODYCOMBAT 100
12:45 – 13:45

RPM 103
13:00 – 13:45

14:00

BODYPUMP 130
14:00 – 15:00

LES MILLS PILATES
14:00 – 15:00

SUP YOGA
[€45,78 INCL. BTW]
13:00 – 14:30

15:00

BODYPUMP 130
15:15 – 16:15

BODYJAM 109
15:15 – 16:15

BODYSTEP 136
15:15 – 16:15

16:00

BODYBALANCE 105
16:30 – 17:30

LES MILLS DANCE 05
16:30 – 17:15

BODYSTEP 136
16:30 – 17:35

17:00

*BETALING GAAT OP LOCATIE DIRECT BIJ
BEACH CLUB NATURAL HIGH. RESERVEER
WEL EEN PLEKJE VIA [PORTAL.LESMILLS.NL](https://portal.lesmills.nl)

BBQ + DJ

17:30 – 20:30

LES MILLS