PROGRAMM

LesMILLS WEEK

07.11.-14.11.2026 im Aldiana Club Naga Bay

So. 08.11.	Mo. 09.11.		Di. 10.11.		Mi. 11.11		Do. 12.11.		Fr. 13.11.	
			08:00 – 08:45	**Hatha Yoga (45)**	08:00 – 08:45	**BODYBALANCE (45)**				
			Body & Mind Ebene	Patrick	Body & Mind Ebene	Péter				
	09:00 – 10:00	**LES MILLS Welcome**	09:00 - 09:45	**LM SHAPES (45)**	09:30 – 10:30	**BODYPUMP (60)**	09:00 – 09:45	**LM SHAPES (45)**	09:00 – 09:45	**LMI STEP (45)**
	Multicourt	Alle Trainer	Multicourt	Patrick	Multicourt	Sabine + Péter	Multicourt	Patrick	Multicourt	Marlene
	10:10 – 10:40	**BODYPUMP (30)**	09:50 – 11:35	**DANCE (45)**	10:40 – 11:10	**LM CORE (30)**	09:50 – 10:35	**BODYATTACK (45)**	10:00 – 10:45	**BODYPUMP (45)**
	Multicourt	Péter	Multicourt	Marlene	Multicourt	Sabine	Multicourt	Sabine	Multicourt	Sabine
	10:45 – 11:15	**BODYATTACK (30)**	10:40 – 11:25	**BODYCOMBAT (45)**	11:20 – 12:05	**LMI STEP (45)**	10:45 – 11:45	**BODYBALANCE (60)**	11:00 – 11:45	**LM CEREMONY HYROX MAX (45)**
	Multicourt	Sabine	Multicourt	Marlene	Multicourt	Marlene	Multicourt	Péter	Multicourt	Patrick
	11:20 – 11:50	**LM CORE (30)**	11:40 – 12:10	**SPRINT (30)**			12:00 – 12:30	**SPRINT (30)**	12:00 – 12:30	**Hatha Yoga (30)**
	Multicourt	Sabine	Sports Club	Péter			Sports Club	Péter	Multicourt	Patrick
	12:00 – 12:30	**BODYCOMBAT (30)**								
	Multicourt	Marlene								
18:00 **Welcome-Treff** Lobby Terrasse										
	14:30 – 15:00	**GRIT Cardio (30)**	14:30 – 15:00	**Workshop** All about Squats, Deadlifts, Clean… etc.	14:30 – 15:15	**STRENGTH DEV. (45)**	14:30 – 14:50	**Workshop** Trainingssteuerung, BP, SD,GR,BP Heavy ect.		
	Multicourt	Sabine	Multicourt	Sabine	Multicourt	Patrick	Multicourt	Péter		
	15:15 – 15:45	**LM DANCE meets BODYJAM (30)**	15:10 – 15:55	**BODYPUMP (45)**	15:20 – 15:50	**GRIT Athletic (30)**	15:10 – 15:40	**LM CORE (30)**	15:00	**Mash Up Class*** **
	Multicourt	Marlene	Multicourt	Sabine	Multicourt	Sabine	Multicourt	Péter	Multicourt	Alle Trainer
	15:50 – 16:20	**LMI STEP (30)**	16:00 – 16:45	**LM PILATES (45)**	16:00 – 16:30	**SPRINT (30)**	15:50 – 16:50	**BODYCOMBAT meets ATTACK (60)**	16:00	**Farewell Special**
	Multicourt	Marlene	Multicourt	Patrick	Sports Club	Péter	Multicourt	Marlene + Péter	Sports Bar	Alle Trainer
	16:30 – 17:00	**BODYBALANCE FLEXX (30)**	17:00 – 17:45	**LM CEREMONY HYROX(45)**	16:45 – 17:30	**BODYJAM (45)**	17:00 – 17:45	**BODYPUMP HEAVY (45)**		
	Body & Mind Ebene	Péter	Multicourt	Patrick	Multicourt	Marlene	Multicourt	Patrick		
	17:05 – 17:35	**YOGA Breath (30)**								
	Body & Mind Ebene	Patrick								
			18:30	**Get Together**					18:00	**Aldiana Memories Day Gala Aperitif**
			Connect Bar	Alle Trainer					Main Pool	Alle Trainer

Die Treffpunkte werden vor Ort bekannt gegeben. Änderungen vorbehalten.