

LES MILLS WEEK

PROGRAMM

10.09.-15.09.2023 im Aldiana Club Calabria

ZEIT	MONTAG, 11.09.	ZEIT	DIENSTAG, 12.09.	ZEIT	MITTWOCH, 13.09.	ZEIT	DONNERSTAG, 14.09.	ZEIT	FREITAG, 15.09.
09:30 - 10:30	GRAND OPENING*	09:00 - 09:45	LM TONE	09:00 - 10:00	BODYPUMP	09:00 - 09:45	BODYBALANCE	09:00 - 10:00	BODYPUMP
SPORT AREA	Alle Trainer	LES MILLS ARENA	Claudio	SPORT AREA	Norman	LES MILLS ARENA	Peter	SPORT AREA	Peter
10:45 - 11:15	BODYCOMBAT	09:55 - 10:55	BODYJAM	10:10 - 10:55	LMI STEP	10:00 - 10:30	SPRINT	10:15 - 10:45	SPRINT
SPORT AREA	Norman	LES MILLS ARENA	Bastian	SPORT AREA	Bastian	KURS-RAUM	Peter	KURS-RAUM	Peter
11:20 - 11:50	BODYPUMP	11:00 - 11:45	SH'BAM	11:00 - 11:30	LM BARRE	9:50 - 10:50	BODYCOMBAT	10:10 - 10:55	BODYATTACK
SPORT AREA	Norman	LES MILLS ARENA	Claudio	SPORT AREA	Claudio	LES MILLS ARENA	Norman	LES MILLS ARENA	Bastian
12:00 - 12:30	LM CORE	11:50 - 12:20	LM CORE	11:40 - 12:25	BODYATTACK	11:00 - 11:30	LM CORE	11:00 - 11:45	BODYJAM
SPORT AREA	Peter	LES MILLS ARENA	Peter	SPORT AREA	Bastian	LES MILLS ARENA	Peter	LES MILLS ARENA	Bastian
15:00 - 15:30	SPRINT	15:00 - 16:00	BODYPUMP	15:00 - 16:00	STRENGTH DEVELOPMENT	11:45 - 12:30	BODYPUMP	11:45 - 12:30	BODYBALANCE
KURS-RAUM	Peter	SPORT AREA	Norman	SPORT AREA	Bastian	SPORT AREA	Norman	LES MILLS ARENA	Claudio
15:00 - 15:30	LMI STEP	16:10 - 17:10	BODYCOMBAT	16:10 - 17:10	BODYBALANCE	15:00 - 15:45	LMI STEP	15:00 - 15:30	BODYCOMBAT
SPORT AREA	Bastian	SPORT AREA	Norman	LES MILLS ARENA	Claudio	SPORT AREA	Bastian	SPORT AREA	Norman
15:35 - 16:05	BODYATTACK	16:30- 17:00	SPRINT	17:15 - 17:45	LM CORE	15:50 - 16:35	LM TONE	15:35 - 16:35	STRENGTH DEVELOPMENT
SPORT AREA	Bastian	KURS-RAUM	Peter	LES MILLS ARENA	Peter	SPORT AREA	Claudio	SPORT AREA	Bastian
16:10 - 16:40	LM TONE	17:15 - 17:45	GRIT	17:45 - 18:30	BODYCOMBAT	16:40 - 17:10	SH'BAM	17:00 - 17:45	LM Aqua Workout & Fun
SPORT AREA	Claudio	SPORT AREA	Peter	LES MILLS ARENA	Norman	SPORT AREA	Claudio	Pool	Alle Trainer
16:45 - 17:15	BODYJAM	17:50 - 18:20	BODYBALANCE	21:30 - 22:15	SH`JAM NITE CLASS*	17:15 - 17:45	GRIT		
SPORT AREA	Bastian	SPORT AREA	Peter	SPORT AREA	Claudio/Bastian	SPORT AREA	Peter		
17:15 - 18:00	BODYBALANCE	19:00 Uhr	Get Together*			18:45 Uhr	GALA-ABEND*		
SPORT AREA	Claudio								

Die Treffpunkte werden vor Ort bekannt gegeben. Änderungen vorbehalten.

