

# KWARTAAL WORKSHOPS

Q2-2026

**LES MILLS**



# LIVE PROGRAMMA

ZATERDAG 30 MEI

LES MILLS

ZOETERMEER

## AREA 1 - TENNISHAL

## AREA 2 - SPORTCITY

## AREA 3 - BOHEMIAN

08.00

09.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

**BODYPUMP 137**  
08.30 - 09.45

**BODYBALANCE 112**  
10.00 - 11.15

**LES MILLS QUIT 56 (STRENGTH)**  
11.30 - 12.15

**BODYPUMP 137**  
12.30 - 13.45

**BODYCOMBAT 107**  
14.00 - 15.15

**BODYATTACK 132**  
15.30 - 16.45

**BODYPUMP 137**  
17.00 - 18.15

**LES MILLS CORE 62**  
08.30 - 09.15

**LES MILLS TONE 33**  
09.30 - 10.30

**BODYJAM 116**  
10.45 - 12.00

**TRY-OUT**  
**LES MILLS YOQA 4 (VINYASA)**  
12.15 - 13.15

**BODYSTEP 143**  
13.30 - 14.45

**TRY-OUT**  
**LES MILLS YOQA 4 (VINYASA)**  
15.00 - 16.00

**LES MILLS STRENGTH  
DEVELOPMENT 18**  
16.15 - 17.15

**LES MILLS CORE 62**  
17.30 - 18.15

**RPM 110**  
08.30 - 09.30

**LES MILLS SPRINT 43**  
09.45 - 10.30

**RPM 110**  
10.45 - 11.45

**LES MILLS DANCE 12**  
12.15 - 13.15

**LES MILLS SHAPES 15 /  
LES MILLS PILATES 9**  
13.30 - 14.45

**BODYPUMP HEAVY 4**  
15.00 - 16.15

**BODYBALANCE 112**  
16.30 - 17.45

# LIVE PROGRAMMA

ZATERDAG 6 JUNI

LES MILLS

VALKENSWAARD

## AREA 1 - TENNISHAL

## AREA 2 - STUDIO 1

## AREA 3 - CYCLE

08.00

09.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

**BODYPUMP 137**  
08.30 - 09.45

**BODYATTACK 132**  
10.00 - 11.15

**TRY-OUT**  
**LES MILLS YOQA 4 (VINUYASA)**  
11.30 - 12.30

**BODYBALANCE 112**  
12.45 - 14.00

**BODYPUMP 137**  
14.15 - 15.30

**BODYPUMP HEAVY 4**  
15.45 - 17.00

**BODYCOMBAT 107**  
17.15 - 18.30

**LES MILLS TONE 33**  
08.30 - 09.30

**LES MILLS SHAPES 15 /  
LES MILLS PILATES 9**  
09.45 - 11.00

**LES MILLS STRENGTH  
DEVELOPMENT 18**  
11.15 - 12.15

**LES MILLS QUIT 56 (STRENGTH)**  
12.30 - 13.15

**LES MILLS DANCE 12**  
13.30 - 14.30

**LES MILLS CORE 62**  
14.45 - 15.30

**BODYJAM 116**  
15.45 - 17.00

**BODYSTEP 143**  
17.15 - 18.30

**LES MILLS SPRINT 43**  
12.15 - 13.00

**RPM 110**  
13.15 - 14.15

**RPM 110**  
14.30 - 15.30