

# KWARTAAL WORKSHOPS

Q3-2026

**LES MILLS**



# LIVE PROGRAMMA

ZATERDAG 5 SEPTEMBER

LES MILLS

ONLINE

08.00

09.00

## **BODYSTEP 144**

08.30 - 09.45

10.00

## **BODYATTACK 133**

09.55 - 11.10

11.00

12.00

## **BODYCOMBAT 108**

11.20 - 12.35

13.00

## **LES MILLS STRENGTH DEVELOPMENT 19**

12.45 - 13.45

14.00

15.00

## **BODYPUMP 138**

14.15 - 15.30

16.00

## **BODYPUMP HEAVY 5**

15.40 - 16.55

17.00

18.00

## **RPM 111**

17.05 - 18.05

19.00

## **LES MILLS SPRINT 44**

18.15 - 19.00

20.00

# LIVE PROGRAMMA

ZONDAG 6 SEPTEMBER

LES MILLS

ONLINE

08.00

09.00

## LES MILLS YOQA 5 (HATHA)

08.30 - 09.30

10.00

## BODYBALANCE 113

09.40 - 10.55

11.00

12.00

## LES MILLS QUIT 57 (STRENGTH)

11.05 - 11.50

13.00

## BODYJAM 117

12.00 - 13.15

14.00

15.00

## LES MILLS DANCE 13

13.45 - 14.45

16.00

## LES MILLS CORE 63

14.55 - 15.40

17.00

18.00

## LES MILLS TONE 34

15.50 - 16.50

19.00

## LES MILLS SHAPES 16 / LES MILLS PILATES 10

17.00 - 18.15

20.00