

QUARTERLY WORKSHOPS

EASTERN EUROPEAN SUMMER TIME - EEST

ROMANIA

BUCHAREST

Date	Time	Program	Location	Presenter
05-Sep	09:00-10:00	LES MILLS YOGA™ HATHA	World Class Titan Park	Cristina Constantinescu
05-Sep	10:15-11:15	LES MILLS SHAPES™	World Class Titan Park	Cristina Constantinescu & Andrei Krisan
05-Sep	11:30-12:15	LES MILLS GRIT® CARDIO	World Class Titan Park	Adam Wadhwa
05-Sep	12:30-13:15	LES MILLS CORE™	World Class Titan Park	Adam Wadhwa
05-Sep	13:30-14:30	BODYPUMP® 45-min	World Class Titan Park	Cristina Constantinescu & Andrei Krisan
05-Sep	14:45-15:45	BODYCOMBAT® 45-min	World Class Titan Park	Adam Wadhwa, Cristina Constantinescu Andrei Krisan & Elena Trinca

* Open class. Available for all instructors. Book your spot in Les Mills Connect and join in.

BOOK YOUR SPOT - BUCHAREST 05-SEP

BULGARIA

SOFIA

Date	Time	Program	Location	Presenter
12-Sep	09:00-10:00	BODYPUMP® 45-min	Next Level Park Center	Cristina Constantinescu & Rosen Kotev
12-Sep	10:15-11:15	BODYATTACK® 45-min	Next Level Park Center	Billy Magg
12-Sep	11:30-12:30	BODYCOMBAT® 45-min	Next Level Park Center	Cristina Constantinescu & Samer Makki
12-Sep	12:45-13:30	LES MILLS CORE™	Next Level Park Center	Billy Magg
12-Sep	13:45-14:45	LES MILLS SHAPES™	Next Level Park Center	Cristina Constantinescu
12-Sep	15:00-16:00	LES MILLS PILATES™	Next Level Park Center	Billy Magg

* Open class. Available for all instructors. Book your spot in Les Mills Connect and join in.

BOOK YOUR SPOT - SOFIA 12-SEP