

KWARTAAL WORKSHOPS

Q4-2026

LES MILLS



LIVE PROGRAMMA

ZATERDAG 28 NOVEMBER

LES MILLS

DRACHTEN

	AREA 1	AREA 2	AREA 3
08.00			
09.00	BODYPUMP 139 08:30 - 09:30	LES MILLS YOGA VINYASA 6 08:30 - 09:15	
10.00	BODYATTACK 134 09:40 - 10:40	BODYSTEP 145 09:25 - 10:25	
11.00	BODYPUMP 139 10:50 - 11:50	BODYJAM 118 / LES MILLS DANCE 14 10:35 - 11:45	RPM 112 11:00 - 11:45
12.00	BODYPUMP 139 12:00 - 13:00	BODYCOMBAT 109 11:55 - 12:55	
13.00	BODYBALANCE 114 13:10 - 14:10	LES MILLS CORE 64 / LES MILLS TONE 35 13:05 - 14:15	RPM 112 12:35 - 13:20
14.00	BODYPUMP 139 / BODYPUMP HEAVY 6 14:20 - 15:30	LES MILLS QUIT STRENGTH 58 14:25 - 14:55	
15.00		LES MILLS SHAPES 17 15:05 - 15:50	
16.00	BODYPUMP 139 15:40 - 16:40	LES MILLS PILATES 11 16:00 - 16:45	
17.00		BODYBALANCE 114 16:55 - 17:55	
18.00			
19.00			
20.00			
Locatie: SportCity Bewegingscentrum Drachten - Sportlaan 2, 9203 NW Drachten			

LIVE PROGRAMMA

ZATERDAG 28 NOVEMBER

LES MILLS

NIEUWEGEIN

AREA 1

AREA 2

AREA 3

12.00

BODYPUMP 139
11:45 - 12:45

BODYATTACK 134
11:45 - 12:45

13.00

BODYBALANCE 114
12:55 - 13:55

LES MILLS DANCE 14
12:55 - 13:40

14.00

BODYPUMP 139
14:05 - 15:05

LES MILLS PILATES 11
13:50 - 14:35

15.00

LES MILLS SHAPES 17
14:45 - 15:30

LES MILLS SPRINT 45
14:15 - 14:45

16.00

BODYCOMBAT 109
15:15 - 16:15

RPM 112
15:00 - 15:45

17.00

**BODYPUMP 139 /
BODYPUMP HEAVY 6**
16:25 - 17:35

**BODYJAM 118 /
LES MILLS DANCE 14**
15:40 - 16:50

RPM 112
16:00 - 16:45

18.00

BODYBALANCE 114
17:00 - 18:00

Locatie: DeMix - Merweplein 3, 3432 GN Nieuwegein

LIVE PROGRAMMA

ZONDAG 29 NOVEMBER

LES MILLS

NIEUWEGEIN

AREA 1

AREA 2

AREA 3

12.00

BODYBALANCE 114
11:45 - 12:45

**LES MILLS STRENGTH
DEVELOPMENT 20**
11:45 - 12:30

13.00

BODYPUMP 139
12:55 - 13:55

BODYSTEP 145
12:40 - 13:40

14.00

BODYPUMP 139
14:05 - 15:05

**LES MILLS YOGA
VINYASA 6**
13:50 - 14:35

15.00

BODYBALANCE 114
14:45 - 15:45

16.00

**LES MILLS CORE 64 /
LES MILLS TONE 35**
15:15 - 16:25

17.00

LES MILLS QUIT STRENGTH 58
16:35 - 17:05

18.00

Locatie: DeMix - Merweplein 3, 3432 GN Nieuwegein