

LES MILLS TRAINING CAMP

AQUA VISTA - POWERED BY PLAYITAS, HURGHADA

SATURDAY – 23rd of November

08:00	BODYBALANCE	PINK	45 min
09:00	BODYPUMP	WODBOX	45 min
10:00	BODYATTACK	PINK	45 min
15:00	FUNCTIONAL STRENGTH	WODBOX	45 min
16:00	BODYCOMBAT	PINK	45 min
17:00	BODYJAM	PINK	45 min

SUNDAY – 24th of November

08:00	LES MILLS PILATES	WODBOX	45 min
08:00	LES MILLS SPRINT	CYKEL	30 min
09:00	LES MILLS SHAPES	WODBOX	45 min
10:00	LES MILLS GRIT - Cardio	PINK	30 min
15:00	BODYPUMP	WODBOX	45 min
16:00	FUNCTIONAL STRENGTH	WODBOX	45 min
16:00	BODYCOMBAT	PINK	45 min
17:00	LES MILLS DANCE	PINK	45 min

MONDAY – 25th of November

08:00	LES MILLS SHAPES	WODBOX	45 min
09:00	BODYBALANCE	PINK	45 min
10:00	LES MILLS GRIT - Strength	WODBOX	30 min
11:00	BODYATTACK	PINK	45 min
15:00	LES MILLS CORE	WODBOX	30 min
16:00	BODYPUMP	WODBOX	45 min
17:00	BODYJAM	PINK	45 min

TUESDAY – 26th of November

08:00	LES MILLS PILATES	PINK	45 min
08:00	FUNCTIONAL STRENGTH	WODBOX	45 min
09:00	BODYCOMBAT	PINK	45 min
10:00	LES MILLS GRIT - Athletic	WODBOX	30 min
16:00	BODYATTACK	PINK	45 min
16:00	BODYPUMP	WODBOX	45 min
17:00	BODYBALANCE	PINK	45 min

WEDNESDAY – 27th of November

08:00	LES MILLS SPRINT	CYKEL	30 min
08:00	BODYBALANCE	PINK	45 min
09:00	FUNCTIONAL STRENGTH	WODBOX	45 min
10:00	LES MILLS GRIT - Cardio	PINK	30 min
15:00	LES MILLS PILATES	WODBOX	45 min
16:00	LES MILLS CORE	WODBOX	30 min
17:00	LES MILLS DANCE	PINK	45 min

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WEDNESDAY – 27th of November

08:00	LES MILLS SPRINT	CYKEL	30 min
08:00	BODYBALANCE	PINK	45 min
09:00	FUNCTIONAL STRENGTH	WODBOX	45 min
10:00	LES MILLS GRIT - Cardio	PINK	30 min
15:00	LES MILLS PILATES	WODBOX	45 min
16:00	LES MILLS CORE	WODBOX	30 min
17:00	LES MILLS DANCE	PINK	45 min

THURSDAY – 28th of November

08:00	BODYPUMP	WODBOX	45 min
09:00	LES MILLS SHAPES	WODBOX	45 min
09:00	LES MILLS SPRINT	CYKEL	30 min
11:00	BODYCOMBAT	PINK	45 min
12:00	LES MILLS PILATES	WODBOX	45min
15:00	LES MILLS CORE	WODBOX	30 min
16:00	BODYJAM	PINK	45 min
17:00	SUPRISE CLASS	PINK	60 min

FRIDAY – 29th of November

08:00	BODYATTACK	PINK	45 min
09:00	LES MILLS CORE	WODBOX	30 min
10:00	BODYBALANCE	PINK	45 min

