

LES MILLS TRAINING CAMP

AQUA VISTA - POWERED BY PLAYITAS, HURGHADA

SATURDAY – 23rd of November

08:00-08:45	BODYBALANCE	PINK	45 min
09:00-09:45	BODYPUMP	PINK	45 min
10:00-10:45	BODYATTACK	PINK	45 min
15:00-15:45	LES MILLS FUNCTIONAL STRENGTH	WODBOX	45 min
16:00-16:45	LES MILLS DANCE	PINK	45 min

SUNDAY – 24th of November

08:00-08:30	LES MILLS SPRINT	CYKEL	30 min
09:00-09:45	LES MILLS SHAPES	WODBOX	45 min
10:00-10:30	LES MILLS GRIT - CARDIO	PINK	30 min
16:00-16:45	BODYCOMBAT	PINK	45 min

MONDAY – 25th of November

08:00-08:45	LES MILLS SHAPES	WODBOX	45 min
09:00-09:45	BODYBALANCE	PINK	45 min
10:00-10:30	LES MILLS GRIT - STRENGTH	WODBOX	30 min
11:00-11:45	BODYATTACK	PINK	45 min
17:00-17:45	BODYJAM	PINK	45 min

TUESDAY – 26th of November

08:00-08:45	LES MILLS PILATES	PINK	45 min
09:00-09:45	BODYCOMBAT	PINK	45 min
16:00-16:45	BODYPUMP	WODBOX	45 min
17:00-17:30	LES MILLS CORE	PINK	30 min

WEDNESDAY – 27th of November

08:00-08:45	BODYBALANCE	PINK	45 min
09:00-09:45	LES MILLS FUNCTIONAL STRENGTH	WODBOX	45 min
16:00-16:30	LES MILLS CORE	WODBOX	30 min
17:00-17:45	LES MILLS DANCE	PINK	45 min

THURSDAY – 28th of November

08:00-08:45	BODYPUMP	WODBOX	45 min
09:00-09:30	LES MILLS SPRINT	CYKLE	30 min
11:00-11:45	BODYCOMBAT	PINK	45 min
12:00-12:45	LES MILLS PILATES	WODBOX	45min
16:00-16:45	BODYJAM	PINK	45 min
17:00-18:00	SUPRISE CLASS	PINK	60 min

FRIDAY – 29th of November

09:00-09:45	BODYBALANCE	PINK	45 min
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Please note that the schedule is a subject to changes and change/addition of classes could be made on site.

