

IBIZA TRIP

CONCEPT

SATURDAY 10 JUNE 2023

FLIGHT ARRIVALS

CHECK-IN @ HOTEL

SUNDAY 11 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
EVENT CHECK-IN @ LOBBY 08.30 - 09.45			
OFFICIAL KICK OFF / OPENING @ AREA 1 10.00 - 10.15			
OPENING WORKOUT @ AREA 1 10.15 - 11.00			
BODYPUMP 11.30 - 12.30	SH'BAM 11.30 - 12.15		
WORKSHOP *** YOUR TIME TO SHINE 13.00 - 14.30			
BODYSTEP 15.00 - 16.00	LES MILLS CORE 15.00 - 15.30		
LES MILLS GRIT STRENGTH 16.30 - 17.00			RPM 16.15 - 17.00
THE WELCOME GATHERING @ TBA 18.00 - 19.30			
DINNER @ TBA 19.00 - 21.00			

*** ATTENTION! This workshop will be in the animation area inside, instead of area 1

MONDAY 12 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
BODYATTACK 09.00 - 10.00	LES MILLS TONE 09.15 - 10.00		
LES MILLS STRENGTH DEVELOPMENT 11.00 - 11.45	BODYJAM 10.15 - 11.15		
WORKSHOP *** YOUR TIME TO SHINE 11.30 - 13.00			RPM 11.30 - 12.15
AQUA ACTIVITY @ POOL 14.30 - 15.15			
BODYCOMBAT 16.30 - 17.30	LES MILLS CORE 16.30 - 17.00		
		BODYBALANCE 20.30 - 21.30	
DAVID GUETTA @ USHUAIA 17.00 - 00.00			

*** ATTENTION! This workshop will be in the animation area inside, instead of area 1

TIP*

TUESDAY 13 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
		BODYBALANCE 06.30 - 07.30	
BODYPUMP 09.00 - 10.00	LES MILLS BARRE 09.30 - 10.00		
DANCE WORKOUT 11.00 - 11.45			LES MILLS SPRINT 10.30 - 11.00
BEACH ACTIVITY 14.30 - 15.15			
BODYSTEP 16.00 - 17.00	SH'BAM 16.00 - 17.00		
DINNER @ TBA 19.00 - 21.00			
LES MILLS PARTY 21.00 - 23.00			

WEDNESDAY 14 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
BODYCOMBAT 09.00 - 10.00	LES MILLS GRIT CARDIO 09.00 - 09.30		
LES MILLS STRENGTH DEVELOPMENT 11.00 - 11.45	LES MILLS CORE 10.15 - 10.45		
BODYATTACK 12.30 - 13.30			CRAZY CYCLE CLASS 11.15 - 12.00
AQUA ACTIVITY @ POOL 14.30 - 15.15			
DIMITRI VEGAS & LIKE MIKE @ USHUAIA 17.00 - 23.00			

THURSDAY 15 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
BODYPUMP 09.00 - 10.00			RPM 09.00 - 09.45
BODYCOMBAT 11.00 - 12.00	BODYBALANCE 10.15 - 11.15		
FREE TIME			

FRIDAY 16 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
		BODYBALANCE 06.30 - 07.30	
BODYATTACK 09.00 - 10.00	LES MILLS TONE 09.00 - 09.45		
LES MILLS GRIT STRENGTH 11.00 - 11.30	BODYJAM 10.15 - 11.15		LES MILLS SPRINT 10.15 - 10.45
CLOSING WORKOUT @ AREA 1 12.00 - 13.00			
CLOSING @ AREA 1 13.00 - 13.15			
CALVIN HARRIS @ USHUAIA 17.00 - 00.00			

TIP*

SATURDAY 17 JUNE 2023

CHECK-OUT @ HOTEL

FLIGHT DEPARTURES

* This is not included in the Les Mills Ibiza Trip program. Although, it is definitely worth a visit!

This program is from last year (2023) and therefore is a concept program.