IBIZA - LES MILLS Week 2022

SATURDAY 11 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
x	ARRIVALS	AIRPORT	
x	CHECK-IN HOTEL	RESORT	

SUNDAY 12 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
08:00 - 08:30	SETUP CHECK-IN	LOBBY	Everyone
08:30 - 09:45	EVENT CHECK-IN	LOBBY	Everyone
10:00 - 10:15	OFFICIAL KICK-OFF/OPENING	COURT	Trainer + participants
10:15 - 11:00	OPENING WORKOUT BODYATTACK	COURT	Trainer + participants
11:15 - 11:45	LES MILLS GRIT STRENGTH	COURT	Trainer + participants
12:00 - 12:45	BODYCOMBAT	COURT	Trainer + participants
16:00 - 16:45	BODYBALANCE	OVAL	Trainer + participants
16:00 - 16:45	BODYPUMP	COURT	Trainer + participants
18:00 - 19:30	WELCOME GATHERING	Garden	Everyone
19:30 - 21:30	DINNER	Garden	Everyone

MONDAY 13 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
08:00 - 09:00	HARDLOOPTRAINING	OUTSIDE or BEACH	Trainer + participants
09:30 - 10:15	BODYPUMP	COURT	Trainer + participants
10:30 - 11:00	LES MILLS BARRE	OVAL	Trainer + participants
11:15 - 12:00	RPM	CYCLE	Trainer + participants
11:15 - 11:45	LES MILLS CORE	COURT	Trainer + participants
12:00 - 14:00	YOUR TIME TO SHINE WS	OVAL	Trainer + participants
16:30 - 17:15	BODYJAM	OVAL	Trainer + participants
16:30 - 17:15	LES MILLS TONE	COURT	Trainer + participants
17:30 - 18:15	BODYCOMBAT	COURT	Trainer + participants
20:30 - 21:30	BODYBALANCE	BEACH	Trainer + participants

TUESDAY 14 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
09:15 - 10:15	BODYATTACK	COURT	Trainer + participants
10:30 - 11:00	LES MILLS GRIT STRENGTH	COURT	Trainer + participants
11:15 - 11:45	SPRINT	CYCLE	Trainer + participants
12:30 - 13:15	AQUA ACTIVITY	POOL	Trainer + participants
16:00 - 16:30	LES MILLS CORE	COURT	Trainer + participants
16:45 - 17:30	SH'BAM	OVAL	Trainer + participants
17:45 - 18:30	BODYPUMP	COURT	Trainer + participants
19:00 - 21:00	DINNER	LA SAL	Everyone
21:00 - 00:00	WHITE PARTY	TBD	Everyone

WEDNESDAY 15 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
07:00 - 08:00	BODYBALANCE	BEACH	Trainers + participants
08:30 - 09:00	LES MILLS CORE	COURT	Trainers + participants
09:15 - 10:00	BODYPUMP	COURT	Trainers + participants
09:15 - 10:15	BODYJAM	OVAL	Trainers + participants
10:15 - 11:00	BODYSTEP	COURT	Trainers + participants
11:15 - 12:00	RPM	CYCLE	Trainers + participants
12:30 - 13:15	AQUA ACTIVITY	POOL	Janne (+Nuno)
17:00 - 00:00	DIMITRI VEGAS & LIKE MIKE @ USHUAIA	USHUAIA	Everyone

THURSDAY 16 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
	FREE TIME		

FRIDAY 17 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
06:30 - 07:30	BODYBALANCE	BEACH	Trainers + participants
08:30 - 09:00	LES MILLS GRIT CARDIO	COURT	Trainers + participants
09:15 - 10:15	BODYCOMBAT	COURT	Trainers + participants
10:30 - 11:30	CLOSING WORKOUT: BEST OF (BA/BC/SH/GRC)	COURT	Trainers + participants
11:30 - 11:45	CLOSING	COURT	Everyone

SATURDAY 18 JUNE 2022			
TIME	**ACTIVITY**	**LOCATION**	**INVOLVED**
x	CHECK-OUT HOTEL	RESORT	
x	DEPARTURES	AIRPORT	