

SATURDAY 11 JUNE 2022

FLIGHT ARRIVALS

CHECK-IN HOTEL @ RESORT

SUNDAY 12 JUNE 2022

COURT

OVAL

BEACH

CYCLE

EVENT CHECK-IN @ LOBBY
08.30 - 09.45

OFFICIAL KICK OFF / OPENING@ COURT
10.00 - 10.15

OPENING WORKOUT BODYATTACK @ COURT
10.15 - 11.00

LES MILLS GRIT
STRENGTH
11.15 - 11.45

BODYCOMBAT
12.00 - 12.45

BODYPUMP
16.00 - 16.45

BODYBALANCE
16.00 - 16.45

THE WELCOME GATHERING @ LA SAL
18.00 - 19.30

DINNER @ LA SAL
19.30 - 21.30

MONDAY 13 JUNE 2022

COURT

OVAL

BEACH

CYCLE

RUNNING WORKOUT @ OUTSIDE
08.00 - 09.00

BODYPUMP
09.30 - 10.15

LES MILLS BARRE
10.30 - 11.00

LES MILLS CORE
11.15 - 11.45

RPM
11.15 - 12.00

YOUR TIME TO
SHINE WORKSHOP
12.00 - 14.00

LES MILLS TONE
16.30 - 17.15

BODYJAM
16.30 - 17.15

BODYCOMBAT
17.30 - 18.15

BODYBALANCE
20.30 - 21.30

DAVID GUETTA
@ USHUAIA
17.00 - 00.00

TIP*

TUESDAY 14 JUNE 2022

COURT

OVAL

BEACH

CYCLE

BODYATTACK
09.15 - 10.15

LES MILLS GRIT
STRENGTH
10.30 - 11.00

SPRINT
11.15 - 11.45

AQUA ACTIVITY @ POOL
12.30 - 13.15

LES MILLS CORE
16.00 - 16.30

SH'BAM
16.45 - 17.30

BODYPUMP
17.45 - 18.30

DINNER @ LA SAL
19.00 - 21.00

LES MILLS WHITE PARTY
21.00 - 00.00

LES MILLS

IBIZA TRIP

WEDNESDAY 15 JUNE 2022

COURT

OVAL

BEACH

CYCLE

BODYBALANCE
07.00 - 08.00

LES MILLS CORE
08.30 - 09.00

BODYPUMP
09.15 - 10.00

BODYJAM
09.15 - 10.15

BODYSTEP
10.15 - 11.00

RPM
11.15 - 12.00

AQUA ACTIVITY @ POOL
12.30 - 13.15

DIMITRI VEGAS & LIKE MIKE
@ USHUAIA
17.00 - 00.00

THURSDAY 16 JUNE 2022

FREE TIME

FRIDAY 17 JUNE 2022

COURT

OVAL

BEACH

CYCLE

BODYBALANCE
06.30 - 07.30

LES MILLS GRIT
CARDIO
08.30 - 09.00

BODYCOMBAT
09.15 - 10.15

CLOSING WORKOUT: BEST OF @ COURT
10.30 - 11.30

CLOSING @ COURT
11.30 - 11.45

CALVIN HARRIS
@ USHUAIA
17.00 - 00.00

TIP*

SATURDAY 18 JUNE 2022

CHECK-OUT @ RESORT

FLIGHT DEPARTURES

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

This program is subject to change.