

LES MILLS

IBIZA TRIP

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 16.15 - 16.45			RPM 16.15 - 17.00
THE WELCOME GATHERING @ TBA 18.00 - 19.30			
DINNER @ TBA 19.30 - 21.30			

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 10.15 - 11.00	BODYJAM 10.15 - 11.15		
WORKSHOP YOUR TIME TO SHINE 11.30 - 13.00			
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

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 10.30 - 11.15			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 - 00.00

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 10.15 - 11.00	LES MILLS CORE 10.15 - 10.45		
BODYATTACK 11.15 - 12.15			CRAZY CYCLE CLASS 11.15 - 12.00

AQUA ACTIVITY @ POOL
14.30 - 15.15

DIMITRI VEGAS & LIKE MIKE
@ USHUAIA
17.00 - 00.00

THURSDAY 15 JUNE 2023

AREA 1	AREA 2	BEACH	CYCLE
BODYPUMP 09.00 - 10.00			RPM 09.00 - 09.45
BODYCOMBAT 10.15 - 11.15	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 10.15 - 10.45	BODYJAM 10.15 - 11.15		

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 subject to change.