

SATURDAY 1 JUNE 2024

FLIGHT ARRIVALS
CHECK-IN @ HOTEL

SUNDAY 2 JUNE 2024

AREA 1	AREA 2	BEACH	CYCLE
EVENT CHECK-IN @ LOBBY 08.30 - 09.00			
OPENING / WELCOME ACTIVITY @ AREA 1 09.15 - 11.15			
BODYPUMP 11.30 - 12.30	LES MILLS DANCE 11.30 - 12.15		
WORKSHOP YOUR TIME2SHINE 13.00 - 14.30			
BODYCOMBAT 15.00 - 16.00	LES MILLS CORE 15.00 - 15.30		
		LES MILLS GRIT BEACH BOOTCAMP 16.30 - 17.00	CRAZY CYCLE CLASS 16.15 - 17.00
THE WELCOME GATHERING @ TBA 18.30 - 19.30			
DINNER TOGETHER @ TBA 19.30 - 21.00			

MONDAY 3 JUNE 2024

AREA 1	AREA 2	BEACH	CYCLE
BODYATTACK 09:00 - 10:00	LES MILLS SHAPES 09:15 - 10:00	MOBILITY TRAINING 08:30 - 09:00	
LES MILLS STRENGTH DEVELOPMENT 10:15 - 11:00	BODYJAM 10:15 - 11:15		
WORKSHOP YOUR TIME2SHINE 11:30 - 13:00			RPM 11:30 - 12:15
AQUA ACTIVITY @ POOL 14:30 - 15:15			
BODYSTEP 16:30 - 17:30	LES MILLS CORE 16:30 - 17:00		
		BODYBALANCE 20:30 - 21:30	

TUESDAY 4 JUNE 2024

AREA 1	AREA 2	BEACH	CYCLE
		SPECIAL BODYBALANCE + MEDITATION 07:00 - 08:00	
BODYPUMP 09:00 - 10:00	LES MILLS SHAPES 09:15 - 10:00		
BODYSTEP 10:15 - 11:15			LES MILLS SPRINT 10:30 - 11:00
BEACH GAMES 13:30 - 15:30			
LES MILLS DANCE 16:00 - 16:45			
WINE YOGA 16:45 - 17:30			
DINNER @ TBA 19.00 - 21:00			
LES MILLS PARTY EVENING 21.00 - 23:00			

WEDNESDAY 5 JUNE 2024

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
SPECIAL IBIZA EXPERIENCE MORE TO BE ANNOUNCED			

THURSDAY 6 JUNE 2024

AREA 1	AREA 2	BEACH	CYCLE
BODYPUMP 09:00 - 10:00	MOBILITY TRAINING 09:30 - 10:00		
DANCE WORKSHOP 10:15 - 11:00			RPM 10:30 - 11:15
BODYCOMBAT 11:15 - 12:15	BODYBALANCE 11:15 - 12:15		
FREE TIME TIME2RELAX / TIME4EXCURSIONS			

FRIDAY 7 JUNE 2024

AREA 1	AREA 2	BEACH	CYCLE
		SPECIAL BODYBALANCE + MEDITATION 07:00 - 08:00	
BODYATTACK 09:00 - 10:00	LES MILLS TONE 09:00 - 09:45		
	BODYJAM 10:15 - 11:15		LES MILLS SPRINT 10:30 - 11:00
LES MILLS GRIT STRENGTH 11:30 - 12:00			
CLOSING MIX WORKOUT @ AREA 1 12:15 - 13:15			
FREE TIME TIME2RELAX / TIME4EXCURSIONS			

SATURDAY 8 JUNE 2024

CHECK-OUT @ HOTEL
FLIGHT DEPARTURES

* Subject to changes

