

SATURDAY 1 JUNE 2024

FLIGHT ARRIVALS

CHECK-IN @ HOTEL

SUNDAY 2 JUNE 2024

COURT

OVAL

BEACH

CYCLE

EVENT CHECK-IN @ LOBBY
08.30 - 09.00

OPENING / WELCOME ACTIVITY @ COURT
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

DINNER TOGETHER @ LA SAL
19.00 - 21.00

CRAZY BINGO @ TBA
21.00 - 23.00

MONDAY 3 JUNE 2024

COURT

OVAL

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

COURT

OVAL

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 @ LA SAL
19.00 - 21.00

LES MILLS FULL MOON PARTY
21.00 - 23.00

WEDNESDAY 5 JUNE 2024

COURT

OVAL

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

DIMITRI VEGAS & LIKE MIKE @ USHUAÏA

17:00 - 23:00



THURSDAY 6 JUNE 2024

COURT

OVAL

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

COURT

OVAL

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 @ COURT
12.15 - 13.15

FREE TIME

TIME2RELAX / TIME4EXCURSIONS

SATURDAY 8 JUNE 2024

CHECK-OUT @ HOTEL

FLIGHT DEPARTURES

* Subject to changes

LES MILLS
IBIZA
TRIP 1-8 JUNI
2024