

## SATURDAY 31 MAY 2025

FLIGHT ARRIVALS

CHECK IN @ HOTEL

## SUNDAY 1 JUNE 2025

COURT OVAL BEACH CYCLE

EVENT CHECK-IN @ LOBBY  
09.30 - 10.00

OPENING @ COURT  
10.15 - 11.15

BODYCOMBAT 11.30 - 12.30	LES MILLS SHAPES 11.30 - 12.15		
WORKSHOP YTTS 13.00 - 14.30			
BODYPUMP 15.00 - 16.00	LES MILLS DANCE 15.00 - 15.45		
	POWER POSE 16.00 - 17.30		LES MILLS SPRINT 16.30 - 17.00

DINNER TOGETHER @ LA SAL  
19.00

ACTIVITY (LES MILLS HITSTER)  
21.00 - 22.30

## MONDAY 2 JUNE 2025

COURT OVAL BEACH CYCLE

		BODYBALANCE 07.00 - 08.00	
BODYATTACK 09.00 - 10.00	LES MILLS TONE 09.00 - 10.00	LES MILLS GRIT CARDIO 09.30 - 10.00	
LES MILLS CEREMONY STUDIO 10.15 - 11.00			
	BODYJAM 11.30 - 12.30		CRAZY CYCLE 11.30 - 12.00

WINE YOGA @ COURT  
14.15 - 15.00

SPECIAL BODYPUMP 15.15 - 16.15	BODYCOMBAT TECHNIQUE TRAINING 15.30 - 16.15		
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## TUESDAY 3 JUNE 2025

COURT OVAL BEACH CYCLE

BEACH BOOTCAMP  
08.30 - 09.30

BODYPUMP 10.00 - 11.00	LES MILLS PILATES 10.00 - 10.45		
	LES MILLS CORE 11.30 - 12.00		RPM 11.30 - 12.15
BODYCOMBAT 15.00 - 16.00			LES MILLS SPRINT 15.30 - 16.00
LES MILLS STRENGTH DEVELOPMENT 16.30 - 17.15	BODYBALANCE 16.30 - 17.30		

DINNER TOGETHER @ LA SAL  
19.00

GLITTER PARTY  
21.00 - 23.00

## WEDNESDAY 4 JUNE 2025

COURT OVAL BEACH CYCLE

		BODYBALANCE 07.00 - 08.00	
BODYCOMBAT 09.00 - 10.00	LES MILLS SHAPES 09.00 - 09.45		
BODYATTACK 10.15 - 11.15			LES MILLS SPRINT 11.30 - 12.00

DANCE WORKSHOP @ COURT  
11.30 - 12.30

DIMITRI VEGAS & LIKE MIKE @ USHUAIA  
17.00 - 23.00



## THURSDAY 5 JUNE 2025

COURT OVAL BEACH CYCLE

FUNCTIONAL STRENGTH 09.15 - 10.00	LES MILLS DANCE 09.15 - 10.00	LES MILLS GRIT CARDIO 09.30 - 10.00	
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AQUA ACTIVITY  
10.15 - 11.00

BODYPUMP 11.15 - 12.15	BODYBALANCE 11.15 - 12.15		RPM 11.15 - 12.00
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## FRIDAY 6 JUNE 2025

COURT OVAL BEACH CYCLE

LES MILLS GRIT STRENGTH 09.30 - 10.00	LES MILLS TONE 09.00 - 10.00		
BODYPUMP 10.15 - 11.15	BODYJAM 10.15 - 11.15		
	LES MILLS PILATES 11.30 - 12.00		RPM 11.15 - 12.00

CLOSING MIX WORKOUT @ COURT  
12.15 - 13.15

## SATURDAY 7 JUNE 2025

CHECK-OUT @ HOTEL

FLIGHT DEPARTURES

\* Subject to changes

LES MILLS

IBIZA

trip 2025 31 MAY  
7 JUNE