

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 GRIT CARDIO 09.30 - 10.00	
LES MILLS CEREMONY STUDIO 10.15 - 11.00	LES MILLS TONE 10.15 - 11.15		
	BODYJAM 11.30 - 12.30		CRAZY CYCLE 11.30 - 12.00
WINE YOGA @ COURT 14.15 - 15.00			
BODYSTEP MOVE 15.15 - 16.15	BODYCOMBAT TECHNIQUE TRAINING 15.30 - 16.15		

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 @ USHUAÏA 17.00 - 23.00			



THURSDAY 5 JUNE 2025

COURT	OVAL	BEACH	CYCLE
	LES MILLS DANCE 09.15 - 10.00	LES MILLS GRIT CARDIO 09.30 - 10.00	
AQUA ACTIVITY 10.15 - 11.00			
BODYSTEP HIPS & GLUTES 11.15 - 12.00	BODYBALANCE 11.15 - 12.15		RPM 11.15 - 12.00

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