

WATER WORLD

THE WONDERS BELOW

VRIJDAG - 15 NOVEMBER 2024

SPECIAL: WORKSHOP MEANINGFUL COACHING

Inspirerende instructeurs zijn inspirerend, omdat wat ze doen betekenisvol is. In plaats van alleen maar vakjes af te vinken, lijken ze precies te weten wat op welk moment belangrijk is. In deze workshop duiken we in verschillende manieren om je lesgeven betekenisvoller te maken. Je krijgt concrete tools die je in je lessen kunt toepassen en die je voorbereiden op je grade review.

- **TEGEN BETALING: € 79,95 INCL. BTW (OPTIONEEL: MET DINER & DRINKS €120,95 INCL. BTW)**
- **INCLUSIEF GRADE REVIEW T.W.V. €40,80**

SUBMARINE HIDEOUT

15:00	BRABANTZAAL
	VERDIEPING 15:00 - 16:00
16:00	MASTERCLASS BODYPUMP, BODYBALANCE & LES MILLS GRIT 16:00 - 17:00
17:00	AFLUITING 17:00 - 17:30

LIVE LOCATION:

NH KONINGSHOF
LOCHT 117
5504 RM VELDHOVEN
THE NETHERLANDS

**MEGA
QUARTERLY**
LES MILLS

WATER WORLD

THE WONDERS BELOW

ZATERDAG - 16 NOVEMBER 2024

	FRUITY BEACH	ATLANTIS	MERMAID OASIS	SHARKS TERROR	SUBMARINE HIDEOUT	AQUARIUM
09:00	KEMPENHAL	BENELUXZAAL	GENDERHAL	DIEZEHAL	BRABANTZAAL	BARONIEZAAL
		OPENING 09:00 - 09:15				
10:00	BEST OF WORKOUT: LES MILLS X AMBASSADORS 09:30 - 10:30	BODYPUMP 131 09:30 - 10:30	BODYSTEP 137 09:30 - 10:30	THE TRIP 09:30 - 10:15	LES MILLS DANCE 06 09:30 - 10:15	ONTVANGST HDD CONGRES 09:30 - 10:00
11:00	LES MILLS THRIVE 10:45 - 11:30	LES MILLS GRIT STRENGTH 50 10:50 - 11:20	BODYBALANCE 106 10:45 - 11:30	RPM 104 10:30 - 11:15	LES MILLS CORE 56 10:30 - 11:00	HDD CONGRES 10:30 - 13:00
12:00	LES MILLS PILATES 12:00 - 12:45	BODYPUMP 131 11:40 - 12:40	BODYATTACK 126 11:45 - 12:30	LES MILLS SPRINT 37 11:30 - 12:00	LES MILLS TONE 27 11:15 - 12:00	
13:00	LES MILLS SHAPES 13:00 - 13:45	BODYPUMP 131 13:00 - 14:00	BODYCOMBAT 101 12:45 - 13:30	THE TRIP 12:15 - 13:00	BODY JAM T10 12:15 - 13:15	
14:00	LES MILLS DANCE 06 14:00 - 14:45	BODYBALANCE 106 14:20 - 15:20	LES MILLS FUNCTIONAL STRENGTH 13:45 - 14:30	RPM 104 13:15 - 14:00	LES MILLS CORE 56 13:30 - 14:00	WORKSHOP: UNLOCKING THE POWER OF YOUR BREATH 13:15 - 14:00
15:00	LES MILLS GRIT CARDIO 50 15:00 - 15:30	BODYCOMBAT 101 15:40 - 16:40	BODYSTEP 137 14:45 - 15:30	THE TRIP 14:15 - 15:00	LES MILLS TONE 27 14:15 - 15:00	THIS IS LES MILLS THRIVE 14:15 - 14:45
16:00	LES MILLS THRIVE 15:45 - 16:30	LES MILLS FUNCTIONAL STRENGTH 15:45 - 16:30	LES MILLS FUNCTIONAL STRENGTH 15:45 - 16:30	LES MILLS SPRINT 37 15:15 - 15:45	BODY JAM T10 15:15 - 16:15	WORKSHOP: THE UNTOLD TRUTH ABOUT HEALTHY NUTRITION 15:00 - 15:45
17:00	LES MILLS PILATES 16:45 - 17:30	BODYATTACK 126 17:00 - 18:00	LES MILLS STRENGTH DEVELOPMENT 16:45 - 17:30	THE TRIP 16:00 - 16:45	LES MILLS CORE 56 16:30 - 17:00	WORKSHOP: UNLOCKING THE POWER OF YOUR BREATH 16:00 - 16:45
18:00				LES MILLS DANCE 06 17:15 - 18:00	BODYBALANCE 106 17:15 - 18:00	WORKSHOP: THE EFFECT OF STRESS ON BODY AND MIND 17:00 - 17:45

LEGENDARY LES MILLS PARTY

LIVE LOCATION:

NH KONINGSHOF
LOCHT 117
5504 RM VELDHOVEN
THE NETHERLANDS

BENELUXZAAL

20:30 - 03:00

MEGA
QUARTERLY
LES MILLS