

# 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
	<b>VERDIEPING</b> 15:00 - 16:00
16:00	<b>MASTERCLASS BODYPUMP, BODYBALANCE &amp; LES MILLS GRIT</b> 16:00 - 17:00
17:00	<b>AFSLUITING</b> 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	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 09:30 - 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
	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 10:15 - 10:45						
11:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 11:00 - 11:30	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	
12:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 11:45 - 12:15	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	FIT BUSINESS EVENT 10:30 - 13:00
13:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 12:30 - 13:00				THE TRIP 12:15 - 13:00	BODYJAM T10 12:15 - 13:15	
14:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 13:15 - 13:45	LES MILLS SHAPES 13:00 - 13:45	BODYPUMP 131 13:00 - 14:00	BODYCOMBAT 101 12:45 - 13:30	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 CEREMONY BOUTIQUE / GX STUDIO 14:00 - 14:30	LES MILLS DANCE 06 14:00 - 14:45	BODYBALANCE 106 14:20 - 15:20	LES MILLS FUNCTIONAL STRENGTH 13:45 - 14:30	THE TRIP 14:15 - 15:00	LES MILLS TONE 27 14:15 - 15:00	WORKSHOP: THE FAVELA PROJECT - PERSONAL PROTEIN 14:15 - 14:45
16:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 15:30 - 16:00	LES MILLS GRIT CARDIO 50 15:00 - 15:30		BODYSTEP 137 14:45 - 15:30	LES MILLS SPRINT 37 15:15 - 15:45	BODYJAM T10 15:15 - 16:15	WORKSHOP: THE UNTOLD TRUTH ABOUT HEALTHY NUTRITION 15:00 - 15:45
17:00	LES MILLS CEREMONY BOUTIQUE / GX STUDIO 16:15 - 16:45	LES MILLS THRIVE 15:45 - 16:30	BODYCOMBAT 101 15:40 - 16:40	LES MILLS FUNCTIONAL STRENGTH 15:45 - 16:30	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 CEREMONY BOUTIQUE / GX STUDIO 17:00 - 17:30	LES MILLS PILATES 16:45 - 17:30	BODYATTACK 126 17:00 - 18:00	LES MILLS STRENGTH DEVELOPMENT 16:45 - 17:30	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
			BODYCOMBAT 101 17:45 - 18:30				

## LEGENDARY LES MILLS PARTY

BENELUXZAAL

20:30 - 03:00

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