

LES MILLS

QUARTERLY

SAMSTAG / 29.02.2020

BERN

**LES MILLS
BODYPUMP**

**LES MILLS
CXWORX**

**LES MILLS
BODYATTACK**

**LES MILLS
BODYPUMP**

**LES MILLS
GRIT**

**LES MILLS
BODYBALANCE**

08:30 - 10:00

EDUCATION & MASTERCLASS

MARTINA K.
& ANDRE

10:10 - 11:10

EDUCATION & MASTERCLASS

MADDA
& ROMAN

11:20 - 12:50

EDUCATION & MASTERCLASS

MARTINA K.,
JAN &
ANDRE

13:00 - 14:30

EDUCATION & MASTERCLASS

MADDA
& ROMAN

14:40 - 15:40

EDUCATION & MASTERCLASS

BASIL
& MEL

15:50 - 17:20

EDUCATION & MASTERCLASS

OLAF

RAUM: HERZSCHLAG

Bernaqua Westside
Riedbachstrasse 98
Bern



LES MILLS

QUARTERLY

SAMSTAG / 29.02.2020

BERN

**LES MILLS
RPM**
**LES MILLS
sprint**

**LES MILLS
barre**

13:00 - 14:30

EDUCATION & MASTERCLASS

MEL

14:40 - 15:40

EDUCATION & MASTERCLASS

ALEX
& LISA

RAUM: SEHNSUCHT

Bernaqua Westside
Riedbachstrasse 98
Bern



LES MILLS

QUARTERLY

SAMSTAG / 29.02.2020

ZÜRICH

**LES MILLS
BODYPUMP**

**LES MILLS
CXWORX**

**LES MILLS
GRIT**

**LES MILLS
BODYCOMBAT**

**LES MILLS
BODYPUMP**

**LES MILLS
BODYBALANCE**

08:30 - 10:00

EDUCATION & MASTERCLASS

DANIELA
& FABIAN

10:10 - 11:10

EDUCATION & MASTERCLASS

NATHALY
& LARISSA

11:20 - 12:20

EDUCATION & MASTERCLASS

MARTINA H.
& ROGER

12:30 - 14:00

EDUCATION & MASTERCLASS

DANIELA,
ROGER &
GABRIEL

14:10 - 15:40

EDUCATION & MASTERCLASS

CORINA
& FABIAN

15:50 - 17:20

EDUCATION & MASTERCLASS

DANIELA,
RAMONA &
KATHI

RAUM: GROSS

David Gym West
Zürcherstrasse 113
in Zürich-Schlieren



LES MILLS

QUARTERLY

SAMSTAG / 29.02.2020

ZÜRICH

**LES MILLS
barre**

**LES MILLS
SH'JAM**

10:10 - 11:10

EDUCATION & MASTERCLASS

ALEX
& LISA

11:20 - 12:50

EDUCATION & MASTERCLASS

ALBERTO
& NIMAS

RAUM: KLEIN

David Gym West
Zürcherstrasse 113
in Zürich-Schlieren



LES MILLS

QUARTERLY

SONNTAG / 01.03.2020

ZÜRICH

**LES MILLS
BODYPUMP**

**LES MILLS
CXWORX**

**LES MILLS
BODYATTACK**

**LES MILLS
BODYSTEP**

08:30 - 10:00

EDUCATION & MASTERCLASS

ANDRE
& FABIAN

10:10 - 11:10

EDUCATION & MASTERCLASS

NATHALY

11:20 - 12:50

EDUCATION & MASTERCLASS

NATHALY
& ANDRE

13:00 - 14:30

EDUCATION & MASTERCLASS

NATHALY
& SIMONA

**LES MILLS
tone**

**LES MILLS
RPM**

**LES MILLS
sprint**

LES MILLS

QUARTERLY

SONNTAG / 01.03.2020

ZÜRICH

11:20 - 12:50

EDUCATION & MASTERCLASS

JULIA
& KATHI

13:00 - 14:30 CYCLE

EDUCATION & MASTERCLASS

RAMONA
& MEL

RAUM: GROSS

David Gym West
Zürcherstrasse 113
in Zürich-Schlieren



RAUM: KLEIN

David Gym West
Zürcherstrasse 113
in Zürich-Schlieren



LES MILLS

QUARTERLY

SONNTAG / 01.03.2020

ROTHENBURG

LES MILLS
BODYPUMP

LES MILLS
GRIT

08:30 - 10:00

EDUCATION & MASTERCLASS

**MADDA
& ROMAN**

10:10 - 11:10

EDUCATION & MASTERCLASS

**BASIL
& ROMAN**

LES MILLS
CXWORX

11:20 - 12:20

EDUCATION & MASTERCLASS

**MADDA
& ROMAN**

LES MILLS
BODYATTACK

12:30 - 14:00

EDUCATION & MASTERCLASS

**MARTINA K.
& JAN**

LES MILLS
BODYPUMP

14:10 - 15:40

EDUCATION & MASTERCLASS

**MADDA
& ROMAN**

LES MILLS
BODYPUMP

15:50 - 17:20

EDUCATION & MASTERCLASS

OLAF

LES MILLS
BODYBALANCE

RAUM GRUPPENFITNESS

ONE Training Center

Wahligenstrasse 4

in Rothenburg



LES MILLS

QUARTERLY

SONNTAG / 01.03.2020

ST. GALLEN

**LES MILLS
BODYPUMP**

**LES MILLS
CXWORX**

**LES MILLS
BODYCOMBAT**

**LES MILLS
GRIT**

**LES MILLS
BODYPUMP**

08:30 - 10:00

EDUCATION & MASTERCLASS

**CORINA
& DANIELA**

10:10 - 11:10

EDUCATION & MASTERCLASS

LARISSA

11:20 - 12:50

EDUCATION & MASTERCLASS

**ROGER,
DANIELA
& GABRIEL**

13:00 - 14:00

EDUCATION & MASTERCLASS

**MARTINA H.
& ROGER**

14:10 - 15:40

EDUCATION & MASTERCLASS

**CORINA
& DANIELA**

RAUM GRUPPENFITNESS

well come fit

**Heiligkreuzstrasse 2
in St.Gallen**

