

24.02.2018

# Quarterly BERLIN

## MASTERCLASSES

Uhrzeit Programm\*

08:30 – 09:00 Check-in

09:00 – 09:45 **LES MILLS BODYPUMP** 45' STUDIO 1

10:20 – 11:20 **LES MILLS BODYJAM** STUDIO 2

10:30 – 11:15 **LES MILLS BODYVIVE 3.1** STUDIO 1

11:30 – 12:00 **LES MILLS GRIT** STUDIO 1

12:15 – 13:15 **LES MILLS BODYATTACK** #100 STUDIO 1

13:30 – 14:30 **LES MILLS LMI STEP** STUDIO 1

14:00 – 14:45 **LES MILLS RPM** CYCLE-RAUM

14:15 – 15:00 **LES MILLS SH'BAM** STUDIO 2

15:20 – 16:20 **LES MILLS BODYCOMBAT** STUDIO 1

16:30 – 17:00 **LES MILLS sprint** CYCLE-RAUM

16:30 – 17:00 **LES MILLS CXWORX** STUDIO 1

17:15 – 18:15 **LES MILLS BODYBALANCE** STUDIO 1

\*THEORIE: siehe Extraplan

Foto: Robert Renner



HOLMES PLACE

Holmes Place Berlin Ostkreuz  
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National Trainer  
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Max Holthaus  
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Julia Rebhan  
Nadja Tolles  
Katharina Zorandy

Änderungen vorbehalten

24.02.2018

# Quarterly BERLIN

nur für  
Instruktoren

## THEORIE

### Uhrzeit Programm

09:45 – 10:15

LES MILLS  
**BODYJAM**

STUDIO 2

09:50 – 10:20

LES MILLS  
**BODYPUMP**

STUDIO 1

11:30 – 12:00

LES MILLS  
**BODYVIVE 3.1**

STUDIO 2

12:45 – 13:15

LES MILLS  
**LMI STEP**

STUDIO 2

13:30 – 14:00

LES MILLS  
**BODYATTACK**

STUDIO 2

14:40 – 15:10

LES MILLS  
**BODYCOMBAT**

STUDIO 1

15:15 – 15:45

LES MILLS  
**CXWORX**

STUDIO 2

15:45 – 16:15

CYCLE: LES MILLS **RPM** & LES MILLS **sprint**

CYCLE-RAUM

16:00 – 16:30

LES MILLS  
**BODYBALANCE**

STUDIO 2