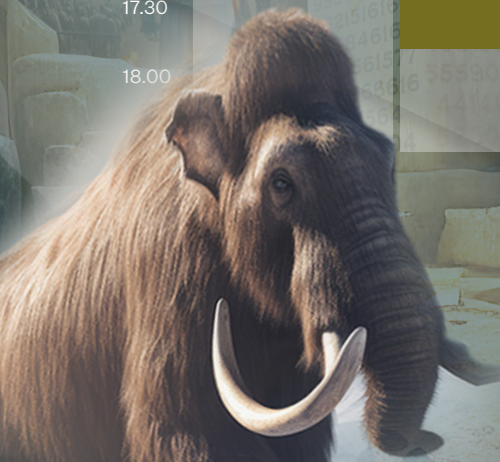


# TIME WARP

A JOURNEY THROUGH ERAS AND EMPIRES

## TIMETABLE

	ICE AGE	ANCIENT EGYPT	ROMAN EMPIRE	THE NEXT UNIVERSE	MEDIEVAL CASTLE	DINO DYNASTY
	KEMPENZAAL	BENELUXZAAL	GENDERZAAL	DIEZEZAAL	BRABANTZAAL	BARONIEZAAL
09.00		<b>OPENING</b> 09.00 - 09.15				
09.30	<b>THE WARP</b> BODYCOMBAT, BODYATTACK & BODYBALANCE 09.30 - 10.15	<b>BODYATTACK 122</b> 09.30 - 10.30	<b>BODYPUMP 127</b> 09.30 - 10.15	<b>RPM 100</b> 09.30 - 10.15	<b>LES MILLS DANCE 1</b> 09.30 - 10.15	
10.30	<b>THE WARP</b> BODYJAM & SH'BAM 10.30 - 11.15		<b>BODYCOMBAT 97</b> 10.30 - 11.15	<b>RPM TIME WARP</b> 100 RELEASES 10.30 - 11.15	<b>LES MILLS SHAPES</b> 10.30 - 11.15	
11.00		<b>BODYBALANCE 102</b> 10.50 - 11.50				
11.30			<b>LES MILLS CORE 52</b> 11.30 - 12.00	<b>LES MILLS SPRINT 33</b> 11.30 - 12.00	<b>BODYJAM 106</b> 11.30 - 12.30	
12.00						
12.30	<b>LES MILLS SHAPES</b> 12.15 - 13.00	<b>BODYPUMP 127</b> 12.10 - 13.10	<b>BODYBALANCE 102</b> 12.15 - 13.00	<b>RPM 100</b> 12.15 - 13.00		
13.00					<b>BODYSTEP 133</b> 12.45 - 13.45	
13.30		<b>LES MILLS GRIT 46</b> STRENGTH 13.30 - 14.00	<b>LES MILLS CORE 52</b> 13.15 - 13.45	<b>LES MILLS SPRINT 33</b> 13.15 - 13.45		
14.00						
14.30		<b>BODYPUMP 127</b> 14.20 - 15.20	<b>BODYATTACK 122</b> 14.00 - 15.00	<b>LES MILLS TONE 23</b> 14.30 - 15.15	<b>BODYBALANCE 102</b> 14.00 - 15.00	<b>WORKSHOP: FIRST IMPRESSION ON STAGE</b> 14.00 - 14.45
15.00						
15.30			<b>BODYJAM 106</b> 15.15 - 16.15	<b>LES MILLS DANCE 1</b> 15.30 - 16.15	<b>LES MILLS SHAPES</b> 15.15 - 16.00	<b>WORKSHOP: LES MILLS QUALIFICATIONS</b> 15.00 - 15.45
16.00	<b>LES MILLS INNOVATION LAB: ORIGIN</b> 15.30 - 16.30	<b>BODYPUMP 127</b> 15.40 - 16.25				
16.30						<b>WORKSHOP: STRENGTH TRAINING THROUGH TIME</b> 16.00 - 16.45
17.00		<b>BODYCOMBAT 97</b> 16:45 - 17:45	<b>LES MILLS STRENGTH DEVELOPMENT</b> 16.30 - 17.15	<b>LES MILLS TONE 23</b> 16.30 - 17.15	<b>LES MILLS DANCE 1</b> 16.15 - 17.00	
17.30			<b>LES MILLS GRIT 46</b> STRENGTH 17.30 - 18.00	<b>LES MILLS CORE 52</b> 17.30 - 18.00	<b>BODYSTEP 133</b> 17.15 - 18.00	<b>WORKSHOP: BREATHWORK</b> 17.00 - 17.30
18.00						<b>WORKSHOP: BREATHWORK</b> 17.45 - 18.15



## LEGENDARY LES MILLS PARTY

BENELUXZAAL

20.30 - 03.00

**MEGA  
QUARTERLY**  
LES MILLS