



Event Timetable

21 November 2026 - NH Koningshof, Veldhoven



	Kempenzaal <i>Rainbow Paradise</i>	Beneluxzaal <i>Neon City</i>	Genderzaal <i>Urban District</i>	Diezezaal <i>Black White Arena</i>	Brabantzaal <i>Flower Garden</i>	Zaal 80/81 <i>Oasis</i>	Baroniezaal <i>Golden Stage</i>
09.00	OPENING 08.45 - 09.00						
10.00		BODYPUMP 139 09.15 - 10.15	BODYSTEP 145 09.15 - 10.15	RPM 112 09.15 - 10.00	BODYBALANCE 114 09.15 - 10.15	LES MILLS REFORMER 4 09.15 - 10.00	
11.00		BODYPUMP 139 10.35 - 11.20	BODYCOMBAT 109 10.30 - 11.15	LES MILLS SPRINT 45 10.15 - 10.45	LES MILLS YOGA VINYASA 6 10.30 - 11.15	LES MILLS REFORMER 4 10.15 - 11.00	FIT BUSINESS LIVE 09.30 - 12.30
12.00	CERMONY HYROX 15 11.15 - 12.00	BODYPUMP HEAVY 6 11.40 - 12.40	BODYJAM 118 11.30 - 12.30	RPM 112 11.00 - 11.45	LES MILLS PILATES 11 11.30 - 12.15	LES MILLS REFORMER 4 11.15 - 12.00	
13.00	CERMONY HYROX 15 12.15 - 13.00		BODYATTACK 134 12.45 - 13.30	RPM 112 12.00 - 12.45	BODYBALANCE 114 12.30 - 13.15	LES MILLS REFORMER 4 12.15 - 13.00	
14.00	CERMONY HYROX 15 13.15 - 14.00	BODYPUMP 139 13.00 - 14.00	BODYCOMBAT 109 13.45 - 14.45	LES MILLS SPRINT 45 13.00 - 13.30	LES MILLS DANCE 14 13.30 - 14.15	LES MILLS REFORMER 4 13.15 - 14.00	WORKSHOP: ADEM, JOUW GEHEIME PRESTATIE TOOL 13.30 - 14.00
15.00	CERMONY HYROX 15 14.15 - 15.00	LES MILLS GRIT STRENGTH 58 14.20 - 14.50		LES MILLS CORE 64 14.15 - 14.45	LES MILLS YOGA VINYASA 6 14.30 - 15.15		WORKSHOP: CLARITY IN COACHING 14.30 - 15.00
16.00		BODYATTACK 134 15.10 - 16.10	BODYSTEP 145 15.00 - 15.45	LES MILLS TONE 35 15.00 - 15.45	LES MILLS PILATES 11 15.30 - 16.15	LES MILLS REFORMER 4 15.15 - 16.00	WORKSHOP: TBC 15.30 - 16.00
17.00		BODYBALANCE 114 16.30 - 17.30	LES MILLS STRENGTH DEV. 20 16.00 - 16.45	LES MILLS CORE 64 16.00 - 16.30	BODYJAM 118 16.30 - 17.15	LES MILLS REFORMER 4 16.15 - 17.00	WORKSHOP: THE MAGIC OF CONNECTION 16.30 - 17.00
18.00		BODYCOMBAT 109 17.45 - 18.45	LES MILLS CORE 64 18.00 - 18.30		LES MILLS DANCE 14 17.30 - 18.15	LES MILLS REFORMER 4 17.15 - 18.00	
19.00							

LES MILLS COLOUR PARTY

Beneluxzaal
21.00 - 02.30