Fitness First | PATRICIO TRAVEL

KURSPLAN LesMILLS WEEK*

Samstag, 09.05.2026

14:00 - 18:00 Freies Training
Fitness First Club

ab 19:00 Abendessen
reservierter Bereich

Sonntag, 10.05.2026

10:30 - 12:00 LesMILLS OPENING
Kolusseum — *Alle National Trainer*

14:00 - 14:45 Workshop: Schlaf & Regeneration
Kolosseum — *Ulrike*

15:00 - 15:30 LesMILLS BODYPUMP
Kolosseum — *Katja*

15:45 - 16:15 LesMILLS BODYCOMBAT
Kolosseum — *Nicklas*

16:30 - 17:00 LesMILLS Shapes
Kolosseum — *Julia*

17:15 - 17:45 LesMILLS BODYATTACK
Kolosseum — *Berna*

18:00 - 18:30 LesMILLS BODYBALANCE
Kolosseum — *Eric*

Montag, 11.05.2026

08:00 - 08:45 LesMILLS breath
Workout-Area — *Eric*

09:00 - 10:00 LesMILLS BODYPUMP
Kolosseum — *Katja*

10:00 - 10:45 LesMILLS BODYATTACK
Kolosseum — *Berna*

10:00 - 10:45 LesMILLS RPM
Fußballplatz — *Nicklas*

11:00 - 11:45 LesMILLS CORE
Kolosseum — *Julia*

14:00 - 14:45 Workshop: Food-Hacks für deinen Alltag
Kolosseum — *Julia*

15:00 - 16:00 LesMILLS BODYCOMBAT
Kolosseum — *Berna*

15:15 - 15:45 LesMILLS sprint
Fußballplatz — *Nicklas*

16:00 - 16:45 LesMILLS tone
Kolosseum — *Nicklas*

17:00 - 17:45 LesMILLS LMI STEP
Kolosseum — *Katja*

17:00 - 17:45 LesMILLS BODYBALANCE
Workout-Area — *Eric*

ab 18:30 Get together: Sundowner

Dienstag, 12.05.2026

09:00 - 10:00 LesMILLS BODYBALANCE
Workout-Area — *Eric*

09:00 - 09:45 LesMILLS RPM
Fußballplatz — *Nicklas*

10:15 - 11:00 LesMILLS DANCE
Kolosseum — *Berna*

11:15 - 12:00 LesMILLS Shapes
Workout-Area — *Julia*

14:00 - 14:45 Workshop: Technik-training BodyPump
Kolosseum — *Katja*

15:00 - 15:45 LesMILLS PILATES
Kolosseum — *Eric*

15:00 - 15:45 LesMILLS CEREMONY
Fußballplatz — *Berna*

16:00 - 17:00 LesMILLS BODYPUMP
Kolosseum — *Katja*

17:15 - 18:00 LesMILLS BODYATTACK
Kolosseum — *Berna*

17:30 - 18:15 LesMILLS yoga YIN
Workout-Area — *Eric*

Mittwoch, 13.05.2026

09:00 - 09:45 LesMILLS yoga HATHA
Workout-Area — *Eric*

10:00 - 10:45 Strength Development LesMILLS
Kolosseum — *Julia*

11:00 - 11:45 LesMILLS tone
Kolosseum — *Nicklas*

12:00 - 12:30 LesMILLS BODYJAM
Kolosseum — *Berna*

14:00 - 14:45 Workshop: Atemtech-niken in Yoga & Pilates
Kolosseum — *Eric*

15:00 - 15:30 LesMILLS CORE
Kolosseum — *Julia*

15:45 - 16:30 LesMILLS BODYCOMBAT
Kolosseum — *Nicklas*

15:45 - 16:30 LesMILLS BODYBALANCE
Workout-Area — *Eric*

16:45 - 17:30 LesMILLS LMI STEP
Kolosseum — *Katja*

17:00 - 17:30 LesMILLS sprint
Fußballplatz — *Nicklas*

17:45 - 18:30 LesMILLS BODYPUMP HEAVY
Kolosseum — *Katja / Julia*

Donnerstag, 14.05.2026

08:15 - 08:45 LesMILLS BODYBALANCE
Workout-Area — *Berna*

09:00 - 09:45 LesMILLS BODYCOMBAT
Kolosseum — *Nicklas*

10:00 - 11:00 LesMILLS BODYPUMP
Kolosseum — *Katja*

10:00 - 10:30 LesMILLS sprint
Fußballplatz — *Nicklas*

11:15 - 11:45 LesMILLS GRIT
Kolosseum — *Berna*

11:15 - 12:00 LesMILLS PILATES
Workout-Area — *Eric*

14:00 - 14:45 Workshop: Beweglichkeit + Gleichgewicht als Fighter
Kolosseum — *Berna*

15:00 - 15:45 Strength Development LesMILLS
Kolosseum — *Julia*

15:00 - 15:45 LesMILLS yoga VINYASA
Workout-Area — *Eric*

16:00 - 16:45 LesMILLS CORE
Kolosseum — *Julia*

17:00 - 17:45 LesMILLS DANCE MEETS BODYJAM
Kolosseum — *Berna*

17:00 - 17:30 LesMILLS RPM
Fußballplatz — *Nicklas*

ab 18:30 Gala-Abend

Freitag, 15.05.2026

09:00 - 09:45 LesMILLS BODYPUMP
Kolosseum — *Katja*

10:00 - 10:45 LesMILLS BODYBALANCE
Workout-Area — *Eric*

10:00 - 10:45 LesMILLS CEREMONY
Fußballplatz — *Julia*

11:00 - 12:00 LesMILLS BODYATTACK
Kolosseum — *Berna*

14:00 - 14:45 Workshop: Core & Hüfte im Krafttraining
Kolosseum — *Nicklas*

15:00 - 15:45 LesMILLS BODYCOMBAT
Kolosseum — *Berna*

15:55 - 16:40 LesMILLS Shapes
Workout-Area — *Julia*

16:50 - 17:35 Abschluss-Special
Kolosseum — *Alle National Trainer*

ab 21:45 Abschluss-Party

*Änderungen im Eventprogramm sind vorbehalten.

Nationaltrainer & Presenter vor Ort: Berna Kirpar, Julia Bauseinwein, Katja Zick, Nicklas Bickert, Eric Jacobi