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
LES MILLS Kolosseum
Ulrike

15:00 - 15:30 LesMILLS BODYPUMP
LES MILLS Kolosseum
Katja

15:45 - 16:15 LesMILLS BODYCOMBAT
LES MILLS Kolosseum
Nicklas

16:30 - 17:00 LesMILLS Shapes
LES MILLS Kolosseum
Eileen

17:15 - 17:45 LesMILLS BODYATTACK
LES MILLS Kolosseum
Berna

18:00 - 18:30 LesMILLS BODYBALANCE
LES MILLS Kolosseum
Eric

Montag, 11.05.2026

08:00 - 08:45 LesMILLS breath
Wellfit-Plateau
Eric

09:00 - 10:00 LesMILLS BODYPUMP
LES MILLS Kolosseum
Katja

10:00 - 10:45 LesMILLS BODYATTACK
LES MILLS Kolosseum
Berna

10:00 - 10:45 LesMILLS RPM
HYROX Area
Nicklas

11:00 - 11:45 LesMILLS CORE
LES MILLS Kolosseum
Nicklas & Eileen

14:00 - 14:45 Workshop: Stress - Wirkung auf Körper & Geist
LES MILLS Kolosseum
Eileen

15:00 - 16:00 LesMILLS BODYCOMBAT
LES MILLS Kolosseum
Berna

15:15 - 15:45 LesMILLS sprint
HYROX Area
Nicklas

16:00 - 16:45 LesMILLS tone
LES MILLS Kolosseum
Nicklas

17:00 - 17:45 LesMILLS LMI STEP
LES MILLS Kolosseum
Katja

17:00 - 17:45 LesMILLS BODYBALANCE
Wellfit-Plateau
Eric

ab 18:30 Get together: Sundowner

Dienstag, 12.05.2026

09:00 - 09:45 LesMILLS DANCE
LES MILLS Kolosseum
Berna

09:00 - 09:45 LesMILLS RPM
HYROX Area
Nicklas

10:00 - 11:00 LesMILLS BODYBALANCE
Wellfit-Plateau
Eric

11:15 - 12:00 LesMILLS Shapes
Wellfit-Plateau
Eileen

14:00 - 14:45 Workshop: Technik-training BodyPump
LES MILLS Kolosseum
Katja

15:00 - 15:45 LesMILLS PILATES
LES MILLS Kolosseum
Eric

15:00 - 15:45 LesMILLS CEREMONY
HYROX Area
Nicklas

16:00 - 17:00 LesMILLS BODYPUMP
LES MILLS Kolosseum
Katja

17:15 - 18:00 LesMILLS BODYATTACK
LES MILLS Kolosseum
Berna

17:30 - 18:15 LesMILLS yoga YIN
Wellfit-Plateau
Eric

Mittwoch, 13.05.2026

09:00 - 09:45 LesMILLS yoga HATHA
Wellfit-Plateau
Eric

10:00 - 10:45 LesMILLS Strength Development
LES MILLS Kolosseum
Eileen

11:00 - 11:45 LesMILLS tone
LES MILLS Kolosseum
Nicklas

12:00 - 12:30 LesMILLS BODYJAM
LES MILLS Kolosseum
Berna

14:00 - 14:45 Workshop: Atemtech-niken in Yoga & Pilates
LES MILLS Kolosseum
Eric

15:00 - 15:30 LesMILLS CORE
LES MILLS Kolosseum
Nicklas

15:45 - 16:30 LesMILLS BODYCOMBAT
LES MILLS Kolosseum
Eileen

15:45 - 16:30 LesMILLS BODYBALANCE
Wellfit-Plateau
Eric

16:45 - 17:30 LesMILLS LMI STEP
LES MILLS Kolosseum
Katja

17:00 - 17:30 LesMILLS sprint
HYROX Area
Nicklas

17:45 - 18:30 LesMILLS BODYPUMP HEAVY
LES MILLS Kolosseum
Eileen

Donnerstag, 14.05.2026

08:15 - 08:45 LesMILLS BODYBALANCE
Wellfit-Plateau
Eileen

09:00 - 09:45 LesMILLS BODYCOMBAT
LES MILLS Kolosseum
Nicklas

10:00 - 11:00 LesMILLS BODYPUMP
LES MILLS Kolosseum
Katja

10:00 - 10:30 LesMILLS sprint
HYROX Area
Nicklas

11:15 - 11:45 LesMILLS GRIT
LES MILLS Kolosseum
Berna

11:15 - 12:00 LesMILLS PILATES
Wellfit-Plateau
Eric

14:00 - 14:45 Workshop: Beweglichkeit + Gleichgewicht als Fighter
LES MILLS Kolosseum
Berna

15:00 - 15:45 Strength Development
LES MILLS Kolosseum
Eileen

15:00 - 15:45 LesMILLS yoga VINYASA
Wellfit-Plateau
Eric

16:00 - 16:45 LesMILLS CORE
LES MILLS Kolosseum
Nicklas

17:00 - 17:45 LesMILLS DANCE MEETS BODYJAM
LES MILLS Kolosseum
Berna

17:00 - 17:30 LesMILLS RPM
HYROX Area
Nicklas

ab 18:30 Gala-Abend

Freitag, 15.05.2026

09:00 - 09:45 LesMILLS BODYBALANCE
Wellfit-Plateau
Eric

10:00 - 10:45 LesMILLS BODYPUMP
LES MILLS Kolosseum
Katja

10:00 - 10:45 LesMILLS CEREMONY
HYROX Area
Berna

11:00 - 12:00 LesMILLS BODYATTACK
LES MILLS Kolosseum
Berna

14:00 - 14:45 Workshop: Core & Hüfte im Krafttraining
LES MILLS Kolosseum
Nicklas

15:00 - 15:45 LesMILLS BODYCOMBAT
LES MILLS Kolosseum
Berna

15:55 - 16:40 LesMILLS Shapes
Wellfit-Plateau
Eileen

16:50 - 17:35 Abschluss-Special
LES MILLS Kolosseum
Alle National Trainer

ab 21:45 Abschluss-Party

*Änderungen im Eventprogramm sind vorbehalten.

Nationaltrainer & Presenter vor Ort: Berna Kirpar, Eileen Post, Katja Zick, Nicklas Bickert, Eric Jacobi