

LES MILLS

BARCELONA

LIVE 2026

10 & 11 OCTOBER

**Fira de Montjuïc - Avinguda de la Reina
Maria Cristina, s/n, 08034 Barcelona**

Access via Calle Lleida

PARTICIPANT INFORMATION

LATEST INFORMATION

LES MILLS

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**LES MILLS LIVE Barcelona is right around the corner
We can't wait to see you!**

Please take a few moments to carefully read the information below to ensure you have a smooth, enjoyable, and stress-free experience throughout the event.

¡VAMOS BARCELONA!

LES MILLS

REGISTRATION

When can I register?

- **Friday 9 October:** 15:00–19:00
- **Saturday 10 October:** from 07:00
- **Sunday 11 October:** from 07:00

Please note that access to the venue is only available **on the day of your booked classes and from 90 minutes before your first scheduled session.**

What do I need to bring?

To complete your registration, please present:

- Your event ticket with the **QR code** (digital or printed).
- A **valid photo ID** (ID card, passport, ...).

Your event wristband

Upon registration, you will receive your personal, non-transferable **LES MILLS LIVE RFID wristband.**

Your wristband contains a chip that stores all the classes you have booked.

Important:

- Your wristband only grants access to the sessions you have registered for.
- Please be prepared to show your wristband to event staff when requested.
- Wristbands are strictly personal and **may not be transferred to another person.**

VENUE AND SESSION ACCESS

Having a wristband **does not provide immediate access to the workout rooms.**

To ensure a safe and comfortable experience for everyone, venue access is managed according to event capacity regulations of Fira de Barcelona Montjuic.

Please note:

- Access to the venue will only be granted **from 90 minutes before your first class.**
- Queues for classes will open **60 minutes before the start of each session.**
- Queues for **LES MILLS LAB** sessions will open **30 minutes before the start of each session.**

We recommend arriving with plenty of time to complete registration and get to your workout.

INFORMATION & UPDATES

For the latest event updates and information, please visit:

lesmills.es/live

LES MILLS

QUESTIONS?

Our event team will be available throughout the venue and **happy to assist you**. Please see the **Les Mills Help Desk**, located on site, on the same floor as the registration area.

If you need support at any time during the event, **please don't hesitate to ask**.

ADDITIONAL INFORMATION

Please review the following information carefully so you know exactly what to expect during your time at LES MILLS LIVE Barcelona.

ADIDAS STORE

Discover the latest adidas training apparel and **event merchandise** at the on-site adidas store.

If you're a Les Mills instructor, you can enjoy a **special discount** on selected products. Just **show your Les Mills Releases or Les Mills Connect app**.

More details will be available at the event.

HYDRATION & WELLBEING

To support our sustainability efforts, please bring your own **reusable water bottle**.

Hydration stations and food vendors will be available throughout the event venue.

Stay Safe During Your Workouts

Les Mills classes demand a high level of physical effort. To help you perform at your best, we ask you to please:

- Stay hydrated throughout the day.
- Pace yourself across sessions.
- Manage your energy levels.
- Avoid excessive fatigue, particularly **during filmed sessions**.

Your health and wellbeing are our top priority

LOCKERS & CLOAKROOM

For safety and comfort reasons, **backpacks and suitcases are not permitted inside workout rooms.**

There will be **lockers and cloakroom facilities** available on-site to store these safely during your class.

Locker Prices (per day)

- Small: € 5
- Medium: € 8
- Large: € 10

What you can bring into sessions:

- Water bottle
- Towel

Sessions with equipment

- All personal belongings must be stored **undereath your step platform.**

Sessions without equipment

- Personal belongings must be placed in **designated storage areas within the room.**

LOCKERS & CLOAKROOM

Important

- Locker rentals are valid **for one day only**.
- At the end of each event day, **lockers will be emptied and reset**.
- The event organisers **cannot accept responsibility for any lost, stolen, or damaged personal belongings or valuables**.
- **Please be aware that shower facilities are not available at Fira de Barcelona – Montjuïc.**
- We recommend bringing a **change of clothes** and planning your day accordingly.
- Participants may use **the venue restrooms to change clothing**.

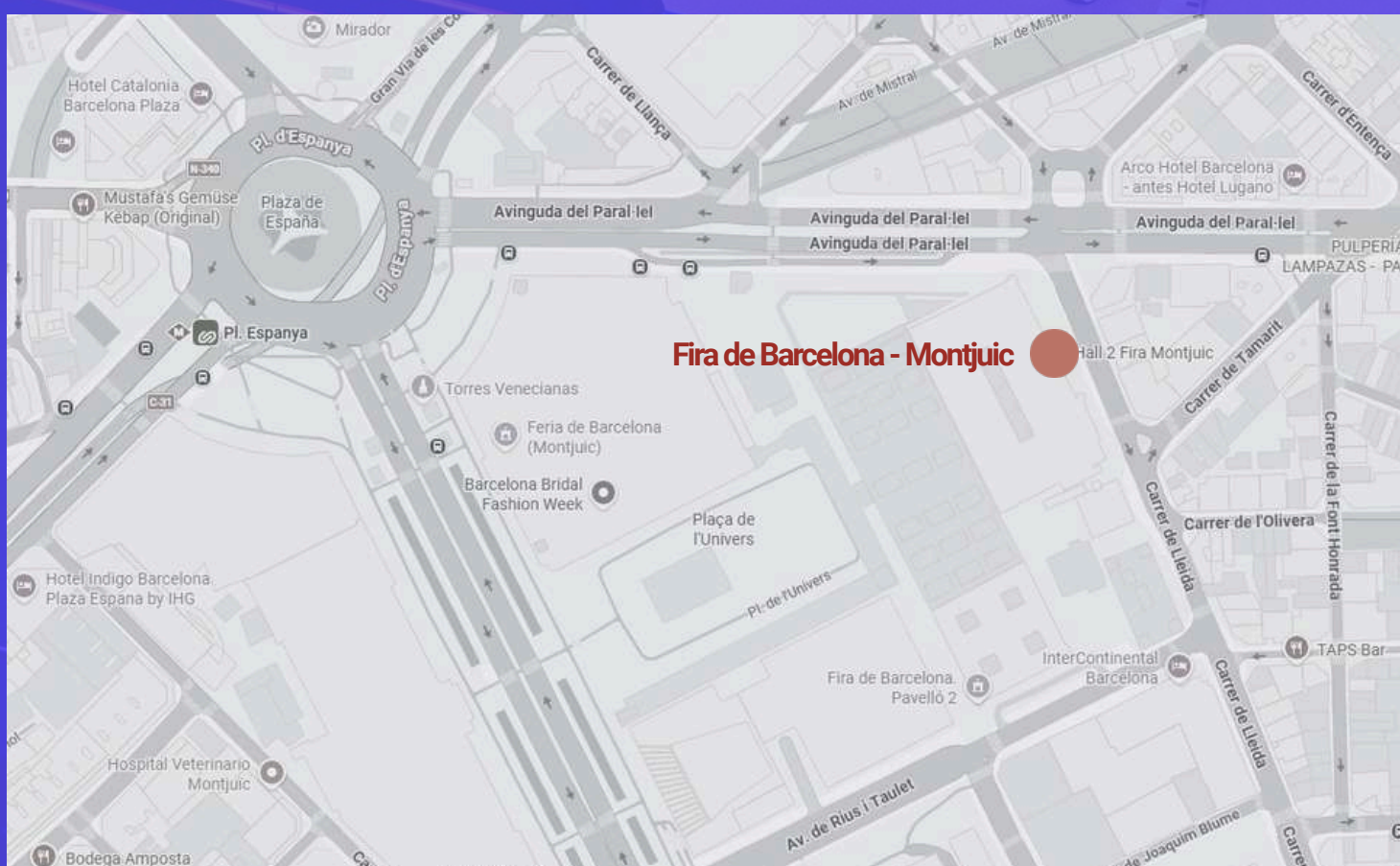
NOTICE

Class Recording: No use of mobile phones or filming of the Masterclasses is permitted. This is an official film shoot and is subject to intellectual property rights.

GETTING TO FIRA DE BARCELONA – MONTJUÏC

Transport Options

- **On Foot / Metro:** The fastest and most convenient option is to travel to **Plaça d'Espanya Station (Metro Lines L1 and L3, and FGC services)** and walk to Fira de Barcelona - Montjuïc.
- **City Bus:** Several bus routes stop near Plaça d'Espanya and Fira de Barcelona, including 13, 23, 150, D20, H12. For real-time public transport information, we recommend using the Moovit app.
- **By Car & Parking:** If travelling by car, paid public parking is available nearby, including:
 - BSM Rius i Taulet
 - Poble Espanyol Parking
 - BSM Ciutat del Teatre - Montjuïc
- **Taxi & Ride-Hailing Services:** Taxis and ride-hailing services can drop participants off close to the venue entrance for convenient access.



SCHEDULE

DAY ONE

8:30	BODYPUMP	
11:00	LES MILLS GRIT STRENGTH	
12:30	BODYPUMP HEAVY	
14:45	LES MILLS DANCE	
16:30	BODYATTACK	
18:15	BEST OF BODYCOMBAT	NOT FILMED

DAY TWO

8:30	BODYPUMP	
10:45	LES MILLS STRENGTH DEVELOPMENT	
12:45	BODYPUMP HEAVY	
15:00	LES MILLS CORE	
16:30	BODYBALANCE	
18:30	BODYCOMBAT	

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