

LES MILLS LIVE
BARCELONA

OCTOBER 18th



INEFC Barcelona

AV de l'Estadi, 12, 22. Sants – Montjuïc

ENGLISH
PARTICIPANT INFORMATION

WELCOME TO

LES MILLS
LIVE 2025

BARCELONA

The moment you've been waiting for has arrived!
An event full of energy, music, and the strength of our community.

Get ready to give it your all, enjoy like never before, and live an experience
you'll remember forever.

✨ See you very soon to train, feel the energy, and celebrate together! ✨

Here's some important information about the event.

ACCREDITATION SCHEDULE

- You can check in starting at 8:15 a.m. and throughout the day.

 **Important: Bring your ticket with the QR code (on your phone or printed).**

- We'll validate your ticket and give you your wristband and Les Mills Ceremony ticket (if purchased).
- Please always show your wristband or ticket to the staff to access the event activities.

HORARIO WORKOUTS - HORARIO WORKOUTS	
9:00 h	BODYPUMP 1
10:15 h	BODYPUMP 2
11:45 h	NEW LES MILLS YOGA
13:00h	BODYCOMBAT EXPERIENCE *
16:30h	BODYATTACK
17:30 h	NEW BODYBALANCE + LM PILATES
18:45h	LM DANCE + BODYJAM
19:30h	BODYCOMBAT
ZONA INNOVATION - ZONA INNOVATION	
	
10:30h	NEW LES MILLS CEREMONY - Sesión 1
12:00h	LES MILLS CEREMONY - Sesión 2
13:30 h	LES MILLS CEREMONY - Sesión 3
17:30 h	LES MILLS CEREMONY - Sesión 4
18:30h	LES MILLS CEREMONY - Sesión 5
Sesiones con Aforo Limitado	

CHANGING ROOMS & SHOWERS

- You'll have access to changing rooms and showers inside the **INEFC indoor sports pavilion**.

! Important: Due to the large number of participants, access to changing rooms and showers may require waiting at certain times. We appreciate your patience and cooperation.

BAGS & CLOAKROOM

- Only small backpacks, gym bags, or shoulder bags will be allowed inside the masterclass rooms. You may bring your **yoga mat** and **water bottle**.
- Suitcases and large sports bags must be left in the cloakroom, available on floor 0.

! Important: The organization is not responsible for valuables items.

YOGA / PILATES MATS

- The event will not provide yoga/pilates mats.
- You may bring your own **mat** or **towel** if you prefer. In any case, the activity is designed so you can still enjoy it without one.

HYDRATION

- INEFC has two water fountains, vending machines, and a bar/restaurant. However, due to the large number of participants, we recommend bringing your own **reusable water bottle**.
- During the masterclasses, your energy output will be high — pace yourself, monitor your effort, and **stay hydrated**.

ADIDAS STORE

- In the **Adidas pop-up store**, you'll find the latest items from the **Adidas x Les Mills co-branded collection**, the **exclusive event T-shirt**, and **new pieces from the Drop Set 3 collection**.
- All attendees will enjoy **special discounts** on *training, running*, and exclusive products:
 - ➔ **Les Mills Live participants**: 20% off
 - ➔ **Les Mills Instructor** : Additional discount by showing your profile in the LM Releases app
- The store will be open all day Saturday (*limited capacity*).

RESTAURANT AREA

- The INEFC has a **bar-restaurant** where you can buy drinks, coffee, sandwiches, and other snacks.
- You can also bring your own food 🍷 — but remember, eating is **not allowed inside** the INEFC facilities, except for small snacks such as energy bars. For everything else, please use the **outdoor areas** of INEFC.

HYPERICE RECOVERY ZONE

- This year, we have a **recovery zone** thanks to **Hyperice** — a space designed for attendees to **rest and recharge** between activities.

📍 HOW TO GET TO THE EVENT

This year, Les Mills Live Barcelona coincides with an **FC Barcelona league match** and a recently announced public walk. This will affect access to the **Montjuïc** and the **INEFC** area.

Throughout the day, private vehicle access and parking will be **restricted** in **zones 0** and **1** around the stadium.

🗺️ LES MILLS LIVE BARCELONA MAP



To make your arrival easier, we recommend planning your journey and arriving at the event well in advance, especially for the BODYPUMP sessions at 9:00 a.m. and 10:15 a.m. Please consider the following options:

BY CAR

Direct access to the venue will be limited, but you can park nearby and walk to INEFC:

- Parking **Rius i Taulet** → 17 min walk
- Parking **Poble Espanyol** → 10 min walk
- Parking **Ciudad del Teatro** – Montjuïc → 19 min walk
- Parking **Fira 2** → 23 min walk

BY TAXI / CABIFY

Taxis can reach an authorized drop-off point **1 minute walk** from **INEFC** — the most convenient option if you want to avoid traffic restrictions.

ON FOOT

The best way to reach the venue! 💪 From **Plaça d'Espanya**, you can walk up through the park or take the escalators.

 **Estimated time:** 20 minutes on foot

BY PUBLIC TRANSPORT

From **Plaça d'Espanya**, you can take **bus lines 150, or 23**, which will drop you very close to **INEFC Barcelona**.

Check for last-minute updates using the **Moovit app**:

Moovit  <https://moovitapp.com/> .

TERMS AND CONDITIONS

-  Recording full Les Mills Live masterclasses is not permitted.
- By participating in the event, you consent to your data being included in **AEFA LES MILLS'** database, in compliance with data protection laws.
- You also authorize **AEFA LES MILLS** to record and use your image in social media posts.

 **Important:** By participating in the event, you declare that you are in good health and physical condition and release the organizers from any liability in case of injury or health issues during the event.

UPDATES AND CHANGES

- Stay tuned to the event **landing page**:  www.lesmills.es/live where updates or possible changes will be announced.
- The organization reserves the right to make necessary changes due to force majeure.

✨ See you soon — all together for a fitter planet! 💪🌍

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