

MAIN ROOM

STUDIO 1

STUDIO 2

CYCLE STUDIO

BODYBALANCE™

08:20-09:15

BODYBALANCE™
TECHNIQUE WORKSHOP

09:20-09:50

SH'BAM™

10:05-10:50

LOOK AFTER YOU:
TRAINING TO TEACH

11:00-11:45

BODYJAM™

12:00-12:55

GRIT CARDIO™

13:05-13:35

LES MILLS TONE™

13:45-14:30

BODYATTACK™ 100

14:45-15:40

BODYATTACK™
TECHNIQUE WORKSHOP

15:45-16:15

BODYCOMBAT™
TECHNIQUE WORKSHOP

16:30-17:00

BODYCOMBAT™

17:05-18:00

BODYPUMP™

08:20-09:15

BODYPUMP™

09:25-10:20

BODYPUMP™
TECHNIQUE WORKSHOP

10:25-10:55

BODYPUMP™

11:50-12:45

BODYPUMP™
TECHNIQUE WORKSHOP

12:50-13:20

BODYPUMP™

13:30-14:25

GRIT™ STRENGTH

14:45-15:15

BODYSTEP™

15:30-16:25

BODYSTEP™
TECHNIQUE WORKSHOP

16:30-17:00

LES MILLS BARRE™

17:15-17:45

CXWORX™

18:00-18:30

MAXIMISING
SOCIAL MEDIA

09:50-10:20

SMARTSTART: SETTING
YOUR PARTICIPANTS
UP FOR SUCCESS

10:25-10:55

SMARTSTART: SETTING
YOUR PARTICIPANTS
UP FOR SUCCESS

12:30-13:00

LES MILLS TONE™
TECHNIQUE WORKSHOP

13:05-13:35

BODYJAM™/SH'BAM™
TECHNIQUE WORKSHOP

13:45-14:15

LES MILLS BARRE™

14:30-15:00

GRIT™
TECHNIQUE WORKSHOP

15:20-15:50

MAXIMISING
SOCIAL MEDIA

16:00-16:30

CXWORX™
TECHNIQUE WORKSHOP

16:35- 17:05

RPM™

9:15-10:00

SPRINT™

10:10-10:40

RPM™/SRPINT™
TECHNIQUE WORKSHOP

12:00-12:30

RPM™

12:40-13:25

SPRINT

15:30-16:00

RPM™/SPRINT
TECHNIQUE WORKSHOP

16:05-16:35

RPM™

16:45-17:30