

MARCH 2018 EVENT PLANNER

LES MILLS
QUARTERLY WORKSHOP

2ND MARCH

PURE GYM - LONDON ALDGATE

THE ST. BOTOLPH BUILDING,
138 HOUNDSDITCH LONDON, LONDON EC3A 7AG

09:00-10:30	BODYPUMP™	STUDIO1
10:30-12:00	BODYCOMBAT™	STUDIO1
14:20-15:50	BODYATTACK™	STUDIO1
14:20-15:50	RPM™	CYCLE STUDIO
15:50-17:20	SPRINT	CYCLE STUDIO
16:00-17:30	BODYBALANCE™	STUDIO1

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT .

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MARCH 2018 EVENT PLANNER

3RD MARCH

NUFFIELD HEALTH CAMBRIDGE

213 CROMWELL ROAD CAMBRIDGE, CB1 3BA

13:00-14:30	BODYPUMP™	STUDIO 1
14:40-16:10	CXWORX™	STUDIO 1
14:40-16:10	BODYBALANCE™	STUDIO 2
14:40-16:10	RPM™	CYCLE STUDIO
16:20-17:50	Les Mills TONE	STUDIO 1
16:20-17:50	GRIT™	STUDIO 2

DAVID LLOYD RAYNES PARK

BUSHEY ROAD, LONDON, SW20 8TE

12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	BODYATTACK™	STUDIO 1

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

11:10-12:40	BODYJAM™	STUDIO 2
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	SH'BAM™	STUDIO 2
15:40-17:10	BODYBALANCE™	STUDIO 1

SOHO GYMS WATERLOO

OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE, LONG LANE, LONDON, SE1 4NA

09:10-10:40	BODYPUMP™	STUDIO A
13:40-15:10	GRIT™	STUDIO A
13:40-15:10	RPM™	CYCLE STUDIO
15:20-16:50	BODYJAM™	STUDIO A
15:20-16:50	SPRINT	CYCLE STUDIO

UNIVERSITY OF PORTSMOUTH – ST PAULS GYM

SPINNAKER SPORTS CENTRE, CAMBRIDGE ROAD, PORTSMOUTH, PO1 2ER

08:40-10:10	BODYPUMP™	STUDIO 1
10:20-11:50	BODYATTACK™	STUDIO 1
13:40-15:10	GRIT™	STUDIO 1
17:00-18:30	CXWORX™	STUDIO 1

VILLAGE HOTELS & LEISURE LTD - EDINBURGH

140 CREWE ROAD SOUTH EDINBURGH EH4 2NY

12:10-13:40	BODYCOMBAT™	STUDIO 1
13:50-15:20	GRIT™	STUDIO 1
15:30-17:00	BODYPUMP™	STUDIO 1

DAVID LLOYD POOLE

24 CABOT LN, POOLE BH17 7BX

11:10-12:40	BODYPUMP™	STUDIO 1
11:10-12:40	BODYJAM™	STUDIO 2
12:50-14:20	SH'BAM™	STUDIO 2
12:50-14:20	RPM™	CYCLE STUDIO
14:30-16:00	SPRINT	CYCLE STUDIO

DAVID LLOYD YORK

ST JOHNS PLAYING FIELD, YORK, YO10 3LG

13:00-15:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYCOMBAT™	STUDIO 2
17:00-18:30	BODYPUMP™	STUDIO 1

HOLYWELL FITNESS CENTRE

LOUGHBOROUGH UNIVERSITY, ASHBY ROAD (WEST ENTRANCE), LEICESTERSHIRE, LE11 3GR

09:00-10:30	RPM™	STUDIO 1/CYCLE STUDIO
09:00-10:30	BODYPUMP™	STUDIO 2
10:40-12:10	GRIT™	STUDIO 1/CYCLE STUDIO
10:40-12:10	BODYATTACK™	STUDIO 2
12:20-13:50	LES MILLS TONE	STUDIO 1/CYCLE STUDIO
12:20-13:50	BODYCOMBAT™	STUDIO 2
14:00-15:30	CXWORX™	STUDIO 1/CYCLE STUDIO
14:00-15:30	BODYPUMP™	STUDIO 2
15:40-17:10	BODYBALANCE™	STUDIO 2

UNIVERSITY OF NOTTINGHAM

THE SPORTS DEPARTMENT UNIVERSITY PARK NOTTINGHAM, NOTTINGHAMSHIRE, NG7 2RD

08.30-10:00	BODYATTACK™	STUDIO 1
10:10-11:40	BODYCOMBAT™	STUDIO 1
11:50-13:20	BODYPUMP™	STUDIO 1
13:30-15:00	BODYBALANCE™	STUDIO 1
13:30-15:00	RPM™	CYCLE STUDIO
15:10-16:40	SPRINT	CYCLE STUDIO
15:10-16:40	GRIT™	STUDIO 1

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MARCH 2018 EVENT PLANNER

4TH MARCH

DAVID LLOYD LEEDS

TONGUE LANE, LEEDS, WEST YORKSHIRE, LS6 4QW

12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 1
14:00-15:30	SPRINT	CYCLE STUDIO
15:30-17:00	BODYBALANCE™	STUDIO 1
15:30-17:00	BODYCOMBAT™	STUDIO 2
15:30-17:00	RPM™	CYCLE STUDIO

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET, LONDON, SE1 2QN

11:10-12:40	CXWORX™	STUDIO 2
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	BODYBALANCE™	STUDIO 1
15:40-17:10	SPRINT	CYCLE STUDIO

EVERYONE ACTIVE - SPELTHORNE LEISURE CENTRE

SLM HEALTH & FITNESS SPELTHORNE LEISURE CENTRE
STAINES, MIDDLESEX, TW18 1AJ

12:30-14:00	BODYATTACK™	STUDIO 2
14:10-15:40	BODYCOMBAT™	STUDIO 2
15:50-17:20	BODYPUMP™	STUDIO 2
17:30-19:00	RPM™	STUDIO 2

DAVID LLOYD TEESSIDE

TEES BARRAGE WAY, STOCKTON ON TEES,
CLEVELAND, TS17 6QA

08:20-09:50	BODYPUMP™	STUDIO 1
12:10-13:40	BODYATTACK™	STUDIO 1
13:50-15:20	BODYPUMP™	STUDIO 1

SOHO GYMS WATERLOO

OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE,
LONG LANE, LONDON, SE1 4NA

09:10-10:40	BODYATTACK™	STUDIO A
14:10-15:40	Les Mills TONE	STUDIO A

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT.

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MARCH 2018 EVENT PLANNER

LES MILLS
QUARTERLY WORKSHOP

9TH MARCH

PURE GYM - LONDON ALDGATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH LONDON,
LONDON, EC3A 7AG

09:00-10:30	BODYBALANCE™	STUDIO1
10:30-12:00	CXWORX™	STUDIO1
16:00-17:30	BODYPUMP™	STUDIO1

BANNATYNE FITNESS LTD INVERNESS

INSHES RETAIL PARK INVERNESS, IV2 3TW

09:40-11:10	BODYSTEP™	STUDIO1
11:20-12:50	SH'BAM™	STUDIO1
13:00-14:30	BODYJAM™	STUDIO1
14:40-16:10	LES MILLS TONE	STUDIO1

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MARCH 2018 EVENT PLANNER

10TH MARCH

1LIFE - WUGHTON LEISURE CENTRE

RAINBOW DRIVE, CHAFFRON WAY, LEADENHALL,
MILTON KEYNES, MK6 5EJ

10:30-12:00	BODYPUMP™	STUDIO 4
10:30-12:00	BODYJAM™	STUDIO 2
12:10-13:40	SH'BAM™	STUDIO 3
12:10-13:40	BODYBALANCE™	STUDIO 4
12:10-13:40	SPRINT	CYCLE STUDIO
12:10-13:40	BODYSTEP™	STUDIO 2
13:50-15:20	GRIT™	STUDIO 2
13:50-15:20	BODYCOMBAT™	STUDIO 4
13:50-15:20	Les Mills TONE	STUDIO 3
15:30-17:00	BODYATTACK™	STUDIO 2
15:30-17:00	RPM™	CYCLE STUDIO
15:30-17:00	CXWORX™	STUDIO 4

BANNATYNE FITNESS LTD NORWICH

NORTHSIDE BUSINESS PARK, ST ANDREW,
NORWICH, NR7 0HT

12:40-14:10	RPM™	CYCLE STUDIO
12:40-14:10	BODYPUMP™	STUDIO 1
14:20-15:50	BODYCOMBAT™	STUDIO 1
16:00-17:30	CXWORX™	STUDIO 2
16:00-17:30	BODYPUMP™	STUDIO 1

SEFTON BOROUGH COUNCIL

- CROSBY LAKESIDE ADVENTURE CENTRE

CAMBRIDGE RD, LIVERPOOL, MERSEYSIDE, L22 1RR

10:10-11:40	BODYPUMP™	STUDIO 1
13:30-15:00	BODYATTACK™	STUDIO 1
15:10-17:40	GRIT™	STUDIO 1

SOHO GYMS WATERLOO

OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE,
LONG LANE, LONDON, SE1 4NA

09:10-10:40	GRIT™	STUDIO A
12:00-13:30	BODYATTACK™	STUDIO A
13:40-15:10	BODYCOMBAT™	STUDIO A
15:20-16:50	BODYPUMP™	STUDIO A

VILLAGE HOTELS & LEISURE LTD – BOURNEMOUTH

WESSEX FIELDS, DEANSLEIGH ROAD, BOURNEMOUTH
DORSET BH7 7DZ

12:10-13:40	BODYPUMP™	STUDIO 1/ CYCLE STUDIO
15:30-17:00	BODYPUMP™	STUDIO 1/ CYCLE STUDIO
17:10-18:40	BODYBALANCE™	STUDIO 1/ CYCLE STUDIO

BANNATYNE FITNESS LTD INVERNESS

INSHES RETAIL PARK INVERNESS, IV2 3TW

09:40-11:10	BODYPUMP™	STUDIO1
11:20-12:50	BODYATTACK™	STUDIO1
13:00-14:30	CXWORX™	STUDIO1
14:40-16:10	BODYCOMBAT™	STUDIO1
14:40-16:10	RPM™	CYCLE STUDIO
16:20-17:50	BODYBALANCE™	STUDIO1
16:20-17:50	SPRINT	CYCLE STUDIO

DAVID LLOYD BRISTOL LONG ASHTON

ASHTON ROAD, BRISTOL, AVON BS3 2HB

11:40-13:10	BODYPUMP™	STUDIO 1
13:20-14:50	BODYATTACK™	STUDIO 1
13:20-14:50	RPM™	CYCLE STUDIO
15:00-16:30	BODYCOMBAT™	STUDIO 1
15:00-16:30	GRIT™	STUDIO 2
15:00-16:30	SPRINT	CYCLE STUDIO
16:40-18:10	BODYPUMP™	STUDIO 1
16:40-18:10	BODYBALANCE™	STUDIO 2

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET, LONDON, SE1 2QN

11:10-12:40	GRIT™	STUDIO 2
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	Les Mills TONE	STUDIO 2
15:40-17:10	RPM™	CYCLE STUDIO

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE

ALCESTER ROAD STH, BIRMINGHAM B14 6ER

12:40:14:10	BODYJAM™	STUDIO 2
12:40:14:10	BODYPUMP™	STUDIO 1
14:20-15:50	BODYBALANCE™	STUDIO 2
14:20-15:50	BODYATTACK™	STUDIO 1
16:00-17:30	BODYCOMBAT™	STUDIO 2
16:00-17:30	RPM™	CYCLE STUDIO

THE CIRCLE

55 NORTH STREET, PORTSLADE, BRIGHTON, BN41 1DH

13:00-14:30	BODYPUMP™	STUDIO 1
13:00-14:30	SH'BAM™	STUDIO 2
14:40-16:10	RPM™	CYCLE STUDIO
16:20-17:50	BODYBALANCE™	STUDIO 2
16:20-17:50	SPRINT	CYCLE STUDIO

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11TH MARCH

DAVID LLOYD ABERDEEN GARTHDEE RD, ABERDEEN, AB10 7AY

09:50-11:20	BODYPUMP™	STUDIO 1
11:30-13:00	BODYCOMBAT™	STUDIO 1
11:30-13:00	RPM™	CYCLE STUDIO
13:10-14:40	BODYPUMP™	STUDIO 1
13:10-14:40	BODYATTACK™	STUDIO 2
13:10-14:40	SPRINT	CYCLE STUDIO
14:50-16:20	CXWORX™	STUDIO 1
14:50-16:20	GRIT™	STUDIO 2
16:30-18:00	BODYBALANCE™	STUDIO 2

DAVID LLOYD CARDIFF IPSWICH ROAD, CARDIFF, CF23 7AQ

11:20-12:50	BODYCOMBAT™	STUDIO 2
13:00-14:30	GRIT™	STUDIO 1
13:00-14:30	SH'BAM™	STUDIO 2
13:00-14:30	RPM™	CYCLE STUDIO
14:40-16:10	BODYSTEP™	STUDIO 2
16:20-17:50	BODYBALANCE™	STUDIO 2

DAVID LLOYD WARRINGTON CROMWELL AVENUE, SOUTH WARRINGTON, CHESHIRE, WA5 1HH

10:30-13:00	BODYPUMP™	STUDIO 1
13:10-14:40	BODYCOMBAT™	STUDIO 1
14:50-16:20	BODYATTACK™	STUDIO 1
14:50-16:20	BODYBALANCE™	STUDIO 2(M&B)
14:50-16:20	RPM™	CYCLE STUDIO
16:30-18:00	GRIT™	STUDIO 1
16:30-18:00	LES MILLS TONE	STUDIO 2(M&B)

SOHO GYMS WATERLOO OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE, LONG LANE, LONDON, SE1 4NA

09:10-10:40	BODYPUMP™	STUDIO A
12:30-14:00	RPM™	CYCLE STUDIO

DAVID LLOYD BRISTOL LONG ASHTON ASHTON ROAD, BRISTOL, AVON, BS3 2HB

11:00-12:30	BODYPUMP™	STUDIO 1
12:30-14:00	BODYSTEP™	STUDIO 1
12:30-14:00	LES MILLS TONE	STUDIO 2
14:10-15:40	CXWORX™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	BODYATTACK™	STUDIO 1

NUFFIELD HEALTH CAMBRIDGE 214 CROMWELL ROAD CAMBRIDGE, CB1 3BA

11:20-12:50	RPM™	CYCLE STUDIO
13:00-14:30	BODYPUMP™	STUDIO 1
14:40-16:10	BODYATTACK™	STUDIO 2
16:20-17:50	BODYSTEP™	STUDIO 1

GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE, SWINDON, WILTSHIRE, SN2 1EP

08:50-10:20	BODYPUMP™	STUDIO 1
08:50-10:20	BODYCOMBAT™	STUDIO 2
08:50-10:20	RPM™	CYCLE STUDIO
10:30-12:00	BODYATTACK™	STUDIO 1
10:30-12:00	SPRINT	CYCLE STUDIO
12:10-13:40	CXWORX™	STUDIO 1
12:10-13:40	SH'BAM™	STUDIO 2
13:50-15:20	BODYPUMP™	STUDIO 1
13:50-15:20	LES MILLS TONE	STUDIO 2
15:30-17:00	BODYSTEP™	STUDIO 1
15:30-17:00	BODYBALANCE™	STUDIO 2

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD, STH BIRMINGHAM, B14 6ER

11:20:12:50	RPM™	CYCLE STUDIO
13:00-14:30	BODYPUMP™	STUDIO 1
13:00-14:30	BODYATTACK™	STUDIO 2
14:40-16:10	BODYCOMBAT™	STUDIO 1
14:40-16:10	BODYPUMP™	STUDIO 2
16:20-17:50	BODYBALANCE™	STUDIO 1
16:20-17:50	SH'BAM™	STUDIO 2

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MARCH 2018 EVENT PLANNER

16TH MARCH

PURE GYM - LONDON ALDGATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH LONDON,
LONDON, EC3A 7AG

09:00-10:30	BODYATTACK™	STUDIO1
14:20-15:50	SH'BAM™	STUDIO1
16:00-17:30	BODYJAM™	STUDIO1

VILLAGE HOTELS & LEISURE LTD - NEWCASTLE

COBALT BUSINESS PARK, NEWCASTLE, NE27 0BY

11:30-12:00	RPM™	CYCLE STUDIO
12:10-13:40	SPRINT	CYCLE STUDIO

GREENWICH LEISURE - OASIS SWINDON

NORTH STAR AVENUE, SWINDON,
WILTSHIRE, SN2 1EP

08:50-10:20	BODYPUMP™	STUDIO 1
08:50-10:20	RPM™	CYCLE STUDIO
10:30-12:00	GRIT™	STUDIO 1
12:10-13:40	BODYCOMBAT™	STUDIO 1
12:10-13:40	BODYBALANCE™	STUDIO 2
13:50-15:20	BODYPUMP™	STUDIO 1
13:50-15:20	BODYJAM™	STUDIO 2
15:30-17:00	LES MILLS TONE	STUDIO 2

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17TH MARCH

DAVID LLOYD BELFAST

115 OLD DUNDONALD RD, BELFAST, BT16 1DL

11:00-12:30	BODYPUMP™	STUDIO 1
11:00-12:30	RPM™	CYCLE STUDIO
12:40-14:10	BODYCOMBAT™	STUDIO 1
14:20-15:50	BODYBALANCE™	STUDIO 1
14:20-15:50	GRIT™	STUDIO 2
14:20-15:50	SPRINT	CYCLE STUDIO
16:00-17:30	BODYPUMP™	STUDIO 1
16:00-17:30	BODYATTACK™	STUDIO 2

DAVID LLOYD RAYNES PARK

BUSHEY ROAD, LONDON, SW20 8TE

12:10-13:40	BODYPUMP™	STUDIO 1
12:10-13:40	RPM™	CYCLE STUDIO
15:30-17:00	GRIT™	STUDIO 1
15:30-17:00	BODYBALANCE™	STUDIO 2 (M&B)

SALFORD COMMUNITY LEISURE

- IRLAM AND CADISHEAD LEISURE CENTRE

LIVERPOOL ROAD, IRLAM, GREATER MANCHESTER, M44 6BR

08:10-09:40	BODYCOMBAT™	STUDIO 1
09:50-11:20	BODYPUMP™	STUDIO 1
11:30-13:00	BODYATTACK™	STUDIO 1
13:10-14:40	BODYBALANCE™	STUDIO 1
14:50-16:20	BODYPUMP™	STUDIO 1
16:30-18:00	RPM™	STUDIO 1

DAVID LLOYD IPSWICH

THE HAVENS, IPSWICH, NORFOLK, IP3 9SJ

12:10-13:40	BODYPUMP™	STUDIO 1
12:10-13:40	Les Mills TONE	STUDIO 2
13:50-15:20	BODYATTACK™	STUDIO 1
13:50-15:20	RPM™	CYCLE STUDIO
15:30-17:00	BODYBALANCE™	STUDIO 1
15:30-17:00	SPRINT	CYCLE STUDIO

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET, LONDON, SE1 2QN

14:00-15:30	BODYATTACK™	STUDIO 1
15:40-17:10	BODYCOMBAT™	STUDIO 1

PENRYN CAMPUS SPORTS CENTRE

FALMOUTH EXETER PLUS THE PENRYN CAMPUS FITNESS CENTRE, CORNWALL, TR10 9FE

08:10-09:40	BODYPUMP™	STUDIO 1
09:50-11:20	BODYCOMBAT™	STUDIO 1
11:30-13:00	BODYATTACK™	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE

ALCESTER ROAD STH, BIRMINGHAM, B14 6ER

14:20-15:50	BODYCOMBAT™	STUDIO 1
12:40-14:10	BODYPUMP™	STUDIO 1
16:00-17:30	GRIT™	STUDIO 2
16:00-17:30	SPRINT	CYCLE STUDIO

SOHO GYMS WATERLOO

OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE, LONG LANE LONDON, SE1 4NA

09:10-10:40	BODYSTEP™	STUDIO A
12:00-13:30	BODYCOMBAT™	STUDIO A
13:40-15:10	BODYPUMP™	STUDIO A
15:20-16:50	BODYBALANCE™	STUDIO A

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MARCH 2018 EVENT PLANNER

18TH MARCH

DAVID LLOYD IPSWICH

THE HAVENS, IPSWICH, NORFOLK, IP3 9SJ

12:10-13:40	BODYPUMP™	STUDIO 1
12:10-13:40	SH'BAM™	STUDIO 2
13:50-15:20	BODYCOMBAT™	STUDIO 1
13:50-15:20	BODYJAM™	STUDIO 2

EMPIRE GYM AND STUDIOS

EMPIRE GYM, REGENT STREET, NUNEATON, WARWICKSHIRE, CV11 4BL

09:20-10:50	BODYSTEP™	STUDIO 2
11:00-12:30	BODYPUMP™	STUDIO 1
11:00-12:30	RPM™	CYCLE STUDIO
12:40-14:10	BODYATTACK™	STUDIO 1
12:40-14:10	CXWORX™	STUDIO 2
14:20-15:50	BODYCOMBAT™	STUDIO 1
16:00-17:30	BODYBALANCE™	STUDIO 1
16:00-17:30	GRIT™	STUDIO 2

NUFFIELD HEALTH DEVONSHIRE

PLYMBRIDGE LANE, DERRIFORD, PLYMOUTH, PL6 8BD

08:20-09:40	BODYPUMP™	STUDIO 1
09:50-11:20	BODYATTACK™	STUDIO 1
09:50-11:20	GRIT™	STUDIO 2
11:30-13:00	BODYCOMBAT™	STUDIO 1
11:30-13:00	BODYJAM™	STUDIO 2
13:10-14:40	SH'BAM™	STUDIO 1

WESTWOOD HEALTH & FITNESS CLONTARF

CLONTARF ROAD CO. DUBLIN

08:30-10:00	BODYPUMP™	STUDIO 1 (LME)
10:10-11:40	BODYCOMBAT™	STUDIO 3 (BoxFix)
10:10-11:40	RPM™	CYCLE STUDIO
11:40-13:10	BODYATTACK™	STUDIO 1 (LME)
11:50-13:20	SPRINT	CYCLE STUDIO
13:20-14:50	GRIT™	STUDIO 3 (BoxFix)
13:20-14:50	BODYBALANCE™	STUDIO 1 (LME)
15:00-16:30	CXWORX™	STUDIO 1 (LME)
15:00-16:30	SH'BAM™	STUDIO 3 (BoxFix)
16:40-18:10	Les Mills TONE	STUDIO 1 (LME)

DAVID LLOYD RAYNES PARK

BUSHEY ROAD, LONDON, SW20 8TE

12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	CXWORX™	STUDIO 1
15:30-17:00	BODYCOMBAT™	STUDIO 1

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

14:00-15:30	GRIT™	STUDIO 1
15:40-17:10	BODYSTEP™	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE

ALCESTER ROAD STH, BIRMINGHAM B14 6ER

13:00-14:30	BODYPUMP™	STUDIO 1
13:00-14:30	CXWORX™	STUDIO 2
14:40-16:10	GRIT™	STUDIO 1
14:40-16:10	LES MILLS TONE	STUDIO 2
14:40-16:10	SPRINT	CYCLE STUDIO
16:20-17:50	BODYPUMP™	STUDIO 1
16:20-17:50	BODYSTEP™	STUDIO 2

SOHO GYMS WATERLOO

OVALHOUSE LTD T/A SOHO GYMS, 13-16 EMPIRE SQUARE, LONG LANE, LONDON, SE1 4NA

10:50-12:20	BODYPUMP™	STUDIO A
12:30-14:00	RPM™	CYCLE STUDIO

SHEFFIELD INT VENUES LTD

- PONDS FORGE INTERNATIONAL SPORTS

SHEAF STREET, SHEFFIELD, S1 2BP

08:30-10:00	BODYPUMP™	STUDIO 1
10:10-11:40	BODYATTACK™	STUDIO 1
10:10-11:40	BODYBALANCE™	STUDIO 2
11:50-13:20	BODYSTEP™	STUDIO 1
11:50-13:20	BODYJAM™	STUDIO 2
13:30-15:00	BODYCOMBAT™	STUDIO 1
15:10-16:40	BODYPUMP™	STUDIO 1
15:10-16:40	GRIT™	STUDIO 2
15:10-16:40	RPM™	CYCLE STUDIO
16:50-18:20	SH'BAM™	STUDIO 2

VILLAGE HOTELS & LEISURE LTD - EDINBURGH

140 CREWE ROAD, SOUTH EDINBURGH, EH4 2NY

12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	BODYCOMBAT™	STUDIO 1
13:50-15:20	RPM™	CYCLE STUDIO
15:30-17:00	BODYATTACK™	STUDIO 1
15:30-17:00	BODYBALANCE™	STUDIO 2
17:10-18:40	CXWORX™	STUDIO 1

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT .

TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL MARCH 2018 EVENTS WILL BE UNDER "Q1 QW" FOLLOWED BY THE DATE AND LOCATION.

PLEASE NOTE BASED ON OUR T&CS NO REFUNDS AND/OR TRANSFERS ARE AVAILABLE ON QUARTERLY WORKSHOP BOOKINGS UNLESS FOR MEDICAL REASONS. ALL QUARTERLY WORKSHOP DETAILS ARE CORRECT AT THE TIME OF PUBLICATION BUT ARE SUBJECT TO CHANGE.