

ROOM 1

ROOM 2

EDUCATION ROOM

CYCLE STUDIO

BODYPUMP

08:20-09:15

**BODYPUMP
TECHNIQUE WORKSHOP**
09:20-09:50

LES MILLS TONE

10:00-10:30

LES MILLS BARRE

10:40-11:10

BODYATTACK

11:20-12:15

**BODYATTACK
TECHNIQUE WORKSHOP**
12:20-12:50

**LOOK AFTER YOU:
TRAINING TO TEACH**
13:00-13:45

LES MILLS GRIT

13:55-14:25

**BODYBALANCE
TECHNIQUE WORKSHOP**
14:40-15:10

BODYBALANCE

15:20-16:15

CXWORX

16:30-17:00

**CXWORX
TECHNIQUE WORKSHOP**
17:05- 17:35

**MAXIMISING
SOCIAL MEDIA**
10:00-10:30

**HOW EXERCISE
PSYCHOLOGY CAN PACK OUT YOUR
CLASSES**
10:40-11:10

**RPM/SRPINT
TECHNIQUE WORKSHOP**
10:00-10:30

LES MILLS SPRINT

10:40-11:10

THE TRIP

13:00-13:45

SH'BAM

13:55-14:40

BODYCOMBAT

14:50-15:35

RPM

17:35-18:20