

MAIN ROOM

STUDIO 1

EDUCATION ROOM

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

12:40-13:35

LES MILLS GRIT CARDIO

13:45-14:15

LES MILLS BARRE

14:25-14:55

BODYATTACK

15:05-16:00

BODYATTACK
TECHNIQUE WORKSHOP
16:10-16:40

BODYCOMBAT
TECHNIQUE WORKSHOP
16:50-17:20

BODYCOMBAT

17:30-18:25

BODYPUMP

08:10-09:05

BODYPUMP

09:15-10:10

BODYPUMP
TECHNIQUE WORKSHOP
10:15-10:45

BODYPUMP

11:50-12:45

BODYPUMP
TECHNIQUE WORKSHOP
12:50-13:20

LES MILLS TONE

13:30-14:15

LES MILLS GRIT STRENGTH

14:25-14:55

LES MILLS GRIT
TECHNIQUE WORKSHOP
15:10-15:40

CXWORX

15:55-16:25

BODYSTEP
TECHNIQUE WORKSHOP
16:45-17:15

BODYSTEP

17:25-18:20

MAXIMISING
SOCIAL MEDIA
10:25-10:55

HOW EXERCISE
PSYCHOLOGY CAN PACK OUT YOUR
CLASSES
12:30-13:00

BODYJAM/SH'BAM
TECHNIQUE WORKSHOP
13:45-14:15

LES MILLS TONE
TECHNIQUE WORKSHOP
14.20-14.50

CXWORX
TECHNIQUE WORKSHOP
16:35- 17:05

RPM

9:20-10:05

LES MILLS SPRINT

10:10-10:40

RPM/SRPINT
TECHNIQUE WORKSHOP
12:00-12:30

RPM

12:40-13:25

LES MILLS SPRINT

15:30-16:00

RPM/LES MILLS SPRINT
TECHNIQUE WORKSHOP
16:05-16:35

RPM

16:45-17:30