

MAIN ROOM

STUDIO 1

STUDIO 2

CYCLE STUDIO

**BODYPUMP**

08:20-09:15

**BODYPUMP  
TECHNIQUE WORKSHOP**  
09:20-09:40

**BODYPUMP**

09:50-10:45

**LOOK AFTER YOU:  
TRAINING TO TEACH**  
11:00-11:45

**BODYBALANCE**

12:00-12:55

**BODYBALANCE  
TECHNIQUE WORKSHOP**  
13:05-13:35

**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  
45 MIN FORMAT**  
08:20-09:05

**BODYPUMP  
45 MIN FORMAT**  
09:25-10:10

**BODYPUMP  
TECHNIQUE WORKSHOP**  
10:20-10:50

**BODYJAM**

11:20-12:15

**SH'BAM**

12:25-13:10

**LES MILLS TONE**

13:30-14:15

**LES MILLS GRIT STRENGTH**

14:25-14:55

**LES MILLS GRIT  
TECHNIQUE WORKSHOP**  
15:05-15:35

**CXWORX**

15:45-16:15

**CXWORX  
TECHNIQUE WORKSHOP**  
16:25- 16:55

**BODYSTEP  
TECHNIQUE WORKSHOP**  
17:10-17:40

**BODYSTEP**

17:50-18:45

**MAXIMISING  
SOCIAL MEDIA**  
10:25-10:55

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

**BODYJAM/SH'BAM  
TECHNIQUE WORKSHOP**  
13:30-14:00

**LES MILLS TONE  
TECHNIQUE WORKSHOP**  
14.25-14.55

**RPM**

9:20-10:05

**LES MILLS SPRINT**

10:15-10:45

**RPM/SRINT  
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