

# Q1 2019 QUARTERLY WORKSHOP SCHEDULE

## REGION 2: BOOKINGS OPEN 7TH FEBRUARY

**LES MILLS**  
QUARTERLY WORKSHOP

ACTIVE NORTHUMBERLAND - CONCORDIA LEISURE CENTRE FORUM WAY, CRAMLINGTON, NORTHUMBERLAND, NE236YB		
2ND MARCH		
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYATTACK™	STUDIO 1
15:00-16:30	SH'BAM™	STUDIO 1
16:40-18:10	BODYBALANCE™	STUDIO 1
08:20-09:50	BODYPUMP™	STUDIO 2
15:00-16:30	BODYPUMP™	STUDIO 2
16:40-18:10	GRIT™	STUDIO 2
10:00-11:30	RPM™	CYCLE STUDIO

DAVID LLOYD BELFAST 115 OLD DUNDONALD, BELFAST, BT16 1DL, NORTHERN IRELAND		
2ND MARCH		
11:20-12:50	BODYPUMP™	STUDIO 1
13:00-14:30	BODYATTACK™	STUDIO 1
14:40-16:10	GRIT™	STUDIO 1
13:00-14:30	BODYCOMBAT™	STUDIO 2
14:40-16:10	BODYBALANCE™	STUDIO 2
14:40-16:10	RPM™	CYCLE STUDIO

WESTWOOD CLUB CLONTARF CLONTARD ROAD, CLONTARF, D03T6T3, DUBLIN, IRELAND		
3RD MARCH		
08:15-09:45	BODYBALANCE™	STUDIO 1
11:30-13:00	BODYATTACK™	STUDIO 1
13:10-14:40	Les Mills Tone	STUDIO 1
14:50-16:20	BODYPUMP™	STUDIO 1
16:30-18:00	CXWORX™	STUDIO 1
08:15-09:45	GRIT™	STUDIO 2
09:50-11:20	SPRINT	CYCLE STUDIO
13:10-14:40	RPM™	CYCLE STUDIO

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD, BIRMINGHAM, B14 6ER		
2ND MARCH		
12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:40	BODYSTEP™	STUDIO 1
12:30-14:00	SH'BAM™	STUDIO 2
14:10-15:40	BODYBALANCE™	STUDIO 2
15:50-17:20	BODYATTACK™	STUDIO 2

VILLAGE HOTELS & LEISURE LTD - EDINBURGH 140 CREWE ROAD SOUTH, EDINBURGH, EH42NY		
2ND MARCH		
11:30-13:00	BODYPUMP™	STUDIO 1
13:10-14:40	Les Mills TONE	STUDIO 1
14:50-16:20	BODYCOMBAT™	STUDIO 1
16:30-18:00	CXWORX™	STUDIO 1
14:50-16:20	BODYBALANCE™	STUDIO 2

DAVID LLOYD EDINBURGH CORSTORPHINE 89B GLASGOW RD, EDINBURGH WEST, EH12 8GZ		
3RD MARCH		
12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:40	GRIT™	STUDIO 1
15:50-17:20	BODYCOMBAT™	STUDIO 1
13:50-15:20	BODYSTEP™	STUDIO 1
14:10-15:40	BODYBALANCE™	STUDIO 2
15:50-17:20	RPM™	CYCLE STUDIO

SHEFFIELD INT VENUES LTD - PONDS FORGE INTERNATIONAL SPORTS SHEAF STREET, SHEFFIELD, S1 2BP, SOUTH YORKSHIRE		
3RD MARCH		
10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYSTEP™	STUDIO 1
13:20-14:50	BODYATTACK™	STUDIO 1
10:00-11:30	BODYJAM™	STUDIO 2
11:40-13:10	SH'BAM™	STUDIO 2
16:40-18:10	BODYBALANCE™	STUDIO 2
15:00-16:30	RPM™	CYCLE STUDIO
16:40-18:10	SPRINT	CYCLE STUDIO

\* FOR CXWORX™, LES MILLS TONE & BODYBALANCE™ PLEASE BRING YOUR OWN BAND/TUBE AND/OR MAT. TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL MAR EVENTS WILL BE UNDER "Q1" FOLLOWED BY DATE AND LOCATION.

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**LES MILLS**  
QUARTERLY WORKSHOP

### HOLYWELL FITNESS CENTRE

LOUGHBOROUGH UNIVERSITY, ASHBY ROAD, LEICESTERSHIRE, LE11 3GR

#### 9TH MARCH

10:00-11:30	BODYCOMBAT™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYBALANCE™	STUDIO 1
15:00-16:30	RPM™	STUDIO 1
08:20-09:50	BODYPUMP™	STUDIO 2
10:00-11:30	Les Mills Tone	STUDIO 2
11:40-13:10	BODYPUMP™	STUDIO 2
13:20-14:50	GRIT™	STUDIO 2
15:00-16:30	CXWORX™	STUDIO 2

### TAMESIDE SPORTS TRUST - ITRAIN

DUNKINFIELD POOL, BIRCH LANE, DUNKFIELD, SK16 5AP

#### 9TH MARCH

10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYATTACK™	STUDIO 1
15:00-16:30	BODYBALANCE™	STUDIO 1

### SEFTON BOROUGH COUNCIL - CROSBY LAKESIDE ADVENTURE CENTRE

CAMBRIDGE ROAD, CROSBY, L22 1RR, MERSEYSIDE

#### 10TH MARCH

10:20-11:50	BODYPUMP™	STUDIO 1
12:00-13:30	BODYATTACK™	STUDIO 1
13:40-15:10	BODYCOMBAT™	STUDIO 1
15:20-16:50	BODYSTEP™	STUDIO 1
13:40-15:10	GRIT™	STUDIO 2
15:20-16:50	BODYBALANCE™	STUDIO 2
13:40-15:10	RPM™	CYCLE STUDIO
15:20-16:50	SPRINT	CYCLE STUDIO

### SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE

ALCESTER ROAD, BIRMINGHAM, B14 6ER

#### 10TH MARCH

12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	GRIT™	STUDIO 1
15:20-16:50	CXWORX™	STUDIO 1
10:20-11:50	BODYBALANCE™	STUDIO 2
12:00-13:30	Les Mills TONE	STUDIO 2
13:40-15:10	BODYCOMBAT™	STUDIO 2
13:40-15:10	SPRINT	CYCLE STUDIO
15:20-16:50	RPM™	CYCLE STUDIO

### SHEFFIELD INT VENUES LTD - PONDS FORGE INTERNATIONAL SPORTS

SHEAF STREET, SHEFFIELD, S1 2BP, SOUTH YORKSHIRE

#### 9TH MARCH

10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	GRIT™	STUDIO 1
15:00-16:30	CXWORX™	STUDIO 1
13:20-14:50	BODYBALANCE™	STUDIO 2

### UNIVERSITY OF NOTTINGHAM

THE SPORTS DEPARTMENT, UNIVERSITY PARK, NOTTINGHAM, NG72RD

#### 9TH MARCH

08:20-09:50	BODYPUMP™	STUDIO 1
10:00-11:30	BODYATTACK™	STUDIO 1
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYSTEP™	STUDIO 1
15:00-16:30	CXWORX™	STUDIO 1
10:00-11:30	SH'BAM™	STUDIO 2
11:40-13:10	BODYJAM™	STUDIO 2
13:20-14:50	BODYBALANCE™	STUDIO 2
15:00-16:30	GRIT™	STUDIO 2
11:40-13:10	RPM™	CYCLE STUDIO
13:20-14:50	SPRINT	CYCLE STUDIO

### GLASGOW LIFE - KELVIN HALL

1431-1451 ARGYLE STREET, GLASGOW, G3 8AW

#### 10TH MARCH

08:30-10:00	BODYBALANCE™	STUDIO 1
10:10-11:40	BODYPUMP™	STUDIO 1
11:50-13:20	BODYCOMBAT™	STUDIO 1
13:30-15:00	BODYATTACK™	STUDIO 1
15:10-16:40	BODYPUMP™	STUDIO 1
16:50-18:20	BODYSTEP™	STUDIO 1
13:30-15:00	BODYJAM™	STUDIO 2
15:10-16:40	GRIT™	STUDIO 2
16:50-18:20	CXWORX™	STUDIO 2
11:00-12:30	SPRINT	CYCLE STUDIO
13:30-15:00	RPM™	CYCLE STUDIO

\* FOR CXWORX™, LES MILLS TONE & BODYBALANCE™ PLEASE BRING YOUR OWN BAND/TUBE AND/OR MAT. TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL MAR EVENTS WILL BE UNDER "Q1" FOLLOWED BY DATE AND LOCATION.

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**LES MILLS**  
QUARTERLY WORKSHOP

### VILLAGE HOTELS & LEISURE LTD - EDINBURGH

140 CREWE ROAD SOUTH, EDINBURGH, EH42NY

#### 10TH MARCH

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

### DAVID LLOYD WARRINGTON

CROMWELL AVENUE SOUTH, WARRINGTON, CHESHIRE, WA51HH

#### 16TH MARCH

12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:40	BODYATTACK™	STUDIO 1
15:50-17:20	GRIT™	STUDIO 1
17:30-19:00	CXWORX™	STUDIO 1
15:50-17:20	BODYBALANCE™	STUDIO 2
14:10-15:40	SPRINT	CYCLE STUDIO
17:30-19:00	RPM™	CYCLE STUDIO

### NUFFIELD HEALTH PRESTON

THE CAPITOL CENTRE, WALTON LE DALE, PRESTON, LANCASHIRE, PR54AW

#### 17TH MARCH

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

### BANNATYNE FITNESS INVERNESS

INSHES RETAIL PARK, INVERNESS, SCOTLAND, IV23TW

#### 16TH MARCH

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

### DAVID LLOYD LEEDS

TONGUE LANE LEEDS, WEST YORKSHIRE LS6 4QW

#### 16TH MARCH

12:00-13:30	BODYPUMP™	STUDIO 1
15:20-16:50	BODYATTACK™	STUDIO 1
17:00-18:30	BODYCOMBAT™	STUDIO 1
13:40-15:10	BODYBALANCE™	STUDIO 2

### DAVID LLOYD ABERDEEN

GARTHDEE RD, ABERDEEN, AB10 7AY

#### 17TH MARCH

12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:40	BODYCOMBAT™	STUDIO 1
15:50-17:20	BODYATTACK™	STUDIO 1
14:10-15:40	SH'BAM™	STUDIO 2
15:50-17:20	BODYBALANCE™	STUDIO 2
10:50-12:20	RPM™	CYCLE STUDIO
12:30-14:00	SPRINT	CYCLE STUDIO

### DAVID LLOYD YORK

ST JOHNS PLAYING FIELD, YORK, YO10 3LG

#### 17TH MARCH

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

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