

MAIN ROOM

STUDIO 1

STUDIO 2

CYCLE STUDIO

BODYPUMP

08:20-09:15

**BODYPUMP
TECHNIQUE WORKSHOP**
09:25-09:55

BODYPUMP

10:05-11:00

LES MILLS GRIT ATHLETIC

11:10-11:40

**LES MILLS GRIT
TECHNIQUE WORKSHOP**
11:45-12:15

**LOOK AFTER YOU:
INJURY PREVENTION**
12:30-13:15

BODYPUMP

13:30-14:25

**BODYPUMP
TECHNIQUE WORKSHOP**
14:35-15:05

BODYATTACK

15:15-16:10

**BODYATTACK
TECHNIQUE WORKSHOP**
16:15-16:45

**BODYCOMBAT
TECHNIQUE WORKSHOP**
16:55-17:25

BODYCOMBAT

17:35-18:30

BODYBALANCE

08:20-09:15

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

SH'BAM

10:00-10:45

BODYJAM

10:55-11:50

**BODYJAM/SH'BAM
TECHNIQUE WORKSHOP**
11:55-12:25

**BODYSTEP
TECHNIQUE WORKSHOP**
13:25-13:55

BODYSTEP

14:05-15:00

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

BODYBALANCE

15:50-16:45

**ADVANCED TRAINING
INSIGHTS - Q&A**
10:15-10:45

LES MILLS TONE

11:00-11:45

**LES MILLS TONE
TECHNIQUE WORKSHOP**
11:55-12:25

LES MILLS BARRE

13:25-13:55

LES MILLS BARRE

14:05-14:35

**CXWORX TECHNIQUE
WORKSHOP**
15:30-16:00

CXWORX

16:10- 16:40

RPM

9:20-10:05

LES MILLS SPRINT

10:15-10:45

**RPM/SRPINT
TECHNIQUE WORKSHOP**
10:55-11:25

RPM

13:25-14:10

LES MILLS SPRINT

14:20-14:50

**RPM/LES MILLS SPRINT
TECHNIQUE WORKSHOP**
15:00-15:30

RPM

15:45-16:30