

# Q1 2019 QUARTERLY WORKSHOPS SCHEDULE

## REGION 1: BOOKINGS OPEN 6TH FEBRUARY

**LES MILLS**  
QUARTERLY WORKSHOP

PURE GYM - LONDON ALDGATE THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH, EC3A 7AG, LONDON		
1ST MARCH		
10:00-11:30	BODYPUMP™	STUDIO 1
14:00-15:30	BODYCOMBAT™	STUDIO 1
15:40-17:10	BODYATTACK™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
3RD MARCH		
14:20-15:50	BODYPUMP™	STUDIO 1
10:30-12:30	BODYBALANCE™	STUDIO 2
12:40-14:10	RPM™	CYCLE STUDIO
14:20-15:50	SPRINT	CYCLE STUDIO

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
2ND MARCH		
14:20-15:50	BODYPUMP™	STUDIO 1
16:00-17:30	BODYCOMBAT™	STUDIO 1
12:40-14:10	BODYBALANCE™	STUDIO 2
14:20-15:50	SH'BAM™	STUDIO 2
16:00-17:30	BODYJAM™	STUDIO 2

DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON SW20 8TE		
2ND MARCH		
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYCOMBAT™	STUDIO 1

UNIVERSITY OF SURREY UNISPORT, GUILFORD, GU2 7AD		
2ND MARCH		
10:15-11:45	BODYPUMP™	STUDIO 1
11:55-13:25	BODYATTACK™	STUDIO 1
13:30-15:00	BODYBALANCE™	STUDIO 1

ASHFORD LEISURE TRUST - STOUR LEISURE CENTRE THE STOUR CENTRE, ASHFORD, KENT, TN23 1ET		
3RD 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	GRIT™	STUDIO 1

\* FOR CXWORX™, LES MILLS TONE & BODYBALANCE™ PLEASE BRING YOUR OWN BBAND/TUBE AND/OR MAT.  
TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL MAR 2019 EVENTS WILL BE UNDER "Q1" FOLLOWED BY DATE AND LOCATION.

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# Q1 2019 QUARTERLY WORKSHOPS SCHEDULE

## REGION 1: BOOKINGS OPEN 6TH FEBRUARY

**LES MILLS**  
QUARTERLY WORKSHOP

### PURE GYM ALDATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH,  
EC3A 7AG, LONDON

#### 9TH MARCH

10:00-11:30	BODYBALANCE™	STUDIO 1
14:00-15:30	SPRINT	CYCLE STUDIO
14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	GRIT™	STUDIO 1

### UNIVERSITY OF PORTSMOUTH SPINNAKER SPORTS CENTRE

SPINNAKER SPORTS CENTRE, CAMBRIDGE ROAD PORTS-  
MOUTH, PO1 2ER

#### 9TH MARCH

09:00-10:30	BODYPUMP™	STUDIO 1
10:40-12:10	BODYCOMBAT™	STUDIO 1
12:20-13:40	BODYATTACK™	STUDIO 1
13:50-15:20	GRIT™	STUDIO 1
15:30-17:00	BODYBALANCE™	STUDIO 1

### FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

#### 9TH MARCH

14:20-15:50	Les Mills Tone	STUDIO 1
16:00-17:30	CXWORX™	STUDIO 1
12:40-14:10	BODYBALANCE™	STUDIO 2

### SOUTH DOWNS LEISURE TRUST - WORTHING LEISURE CENTRE

WORTHING LEISURE CENTRE, WORTHING, WEST SUSSEX,  
BN12 4ET

#### 9TH MARCH

14:50-16:20	BODYBALANCE™	STUDIO 1
11:30-13:00	BODYSTEP™	STUDIO 2
13:10-14:40	BODYPUMP™	STUDIO 2
14:50-16:20	GRIT™	STUDIO 2
16:30-18:00	CXWORX™	STUDIO 2
16:30-18:00	RPM™	CYCLE STUDIO

### FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

#### 10TH MARCH

14:20-15:50	BODYPUMP™	STUDIO 1
16:00-17:30	BODYCOMBAT™	STUDIO 1
12:40-14:10	BODYBALANCE™	STUDIO 2

### DAVID LLOYD RAYNES PARK

BUSHEY ROAD LONDON SW20 8TE

#### 10TH MARCH

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

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**LES MILLS**  
QUARTERLY WORKSHOP

### PURE GYM ALDATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH,  
EC3A 7AG, LONDON

#### 15TH MARCH

10:00-11:30	BODYPUMP™	STUDIO 1
14:00-15:30	Les Mills TONE	STUDIO 1
15:40-17:10	BODYBALANCE™	STUDIO 1
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	SPRINT	CYCLE STUDIO

### FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

#### 16TH MARCH

14:20-15:50	BODYPUMP™	STUDIO 1
16:00-17:30	BODYATTACK™	STUDIO 1
10:30-12:00	BODYBALANCE™	STUDIO 1
12:40-14:10	RPM™	CYCLE STUDIO

### VIRGIN ACTIVE THUNDERSLEY

200 RAYLEIGH ROAD ESSEX, SS7 3YN

#### 17TH MARCH

08:20-09:50	BODYCOMBAT™	STUDIO 1
10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYSTEP™	STUDIO 1
15:00-16:30	BODYPUMP™	STUDIO 1
16:40-18:10	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
16:40-18:10	BODYBALANCE™	STUDIO 2
13:20-14:50	RPM™	CYCLE STUDIO
15:00-16:30	SPRINT	CYCLE STUDIO

### DAVID LLOYD RAYNES PARK

BUSHEY ROAD LONDON SW20 8TE

#### 17TH MARCH

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

### 1LIFE - WOUGHTON LEISURE CENTRE

RAINBOW DRIVE, CHAFFRON WAY,  
LEADENHALL MILTON KEYNES, MK6 5EJ

#### 17TH MARCH

11:00-12:30	BODYPUMP™	STUDIO 1
12:40-14:10	BODYSTEP™	STUDIO 1
14:20-15:40	BODYATTACK™	STUDIO 1
15:50-17:20	BODYCOMBAT™	STUDIO 1
11:00-12:30	BODYJAM™	STUDIO 2
12:40-14:10	SH'BAM™	STUDIO 2
14:20-15:40	BODYBALANCE™	STUDIO 2
15:50-17:20	BODYBALANCE™	STUDIO 2
12:40-14:10	GRIT™	STUDIO 3
14:20-15:40	CXWORX™	STUDIO 3
12:40-14:10	RPM™	Cycle STUDIO
14:20-15:50	SPRINT	Cycle STUDIO

### FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

#### 17TH MARCH

14:20-15:50	BODYATTACK™	STUDIO 1
16:00-17:30	BODYSTEP™	STUDIO 1

### VILLAGE HOTELS & LEISURE LTD - BOURNEMOUTH

WESSEX FIELDS, BOURNEMOUTH, DORSET, BH7 7DZ

#### 17TH MARCH

10:40-12:10	BODYPUMP™	STUDIO 1
12:20-13:50	BODYATTACK™	STUDIO 1
14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	RPM™	CYCLE STUDIO
17:20-18:50	SPRINT	CYCLE STUDIO

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