

ROOM 1

ROOM 2

ROOM 3

CYCLE STUDIO

BODYBALANCE 1

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

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

BODYPUMP 3

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

BODYPUMP 1

08:20-09:15

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

BODYPUMP 2

10:05-11:00

LES MILLS GRIT ATHLETIC

11:10-11:40

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

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

BODYSTEP

14:05-15:00

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

BODYBALANCE 2

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

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

CXWORX

16:10- 16:40

RPM 1

9:20-10:05

LES MILLS SPRINT 1

10:15-10:45

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

RPM 2

13:25-14:10

LES MILLS SPRINT 2

14:20-14:50

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

RPM 3

15:45-16:30