

Q2 2019 QUARTERLY WORKSHOPS SCHEDULE

REGION 1: BOOKINGS OPEN 8TH MAY

PURE GYM - LONDON ALDGATE THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH, EC3A 7AG, LONDON		
31ST MAY		
10:00-11:30	BODYPUMP™	STUDIO 1
14:10-15:40	BODYATTACK™	STUDIO 1
14:10-15:40	RPM™	CYCLE STUDIO
15:50-16:50	LES MILLS SPRINT™	CYCLE STUDIO
15:50-17:20	BODYBALANCE™	STUDIO 1

LES MILLS HEAD OFFICE 1 ALIE STREET, FLOOR 2, ALDGATE, E1 8DE		
1ST JUNE		
10:10-11:40	BODYPUMP™	STUDIO 1
11:50-13:20	BODYCOMBAT™	STUDIO 1
13:30-15:00	BODYPUMP™	STUDIO 1
15:10-16:10	CXWORX™	STUDIO 1

GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE, SWINDON, WILTSHIRE, SN2 1EP		
31ST MAY		
09:40-11:10	BODYPUMP™	STUDIO 1
11:20-12:40	BODYATTACK™	STUDIO 1
11:20-12:40	SH'BAM™	STUDIO 2
12:50-14:20	BODYJAM™	STUDIO 2
12:50-14:20	RPM™	CYCLE STUDIO
14:30-16:00	LES MILLS SPRINT™	CYCLE STUDIO
14:30-16:00	LES MILLS GRIT™ STRENGTH	STUDIO 1
16:10-17:40	BODYBALANCE™	STUDIO 1

WOKING SPORTS BOX WOKING SPORTS BOX, EGLEY ROAD, WOKING, GU22 0AF		
2ND JUNE		
10:20-11:50	BODYBALANCE™	STUDIO 2
12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYATTACK™	STUDIO 1
15:20-16:50	BODYCOMBAT™	STUDIO 1

DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON SW20 8TE		
1ST JUNE		
12:20-13:50	RPM™	CYCLE STUDIO
14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	BODYCOMBAT™	STUDIO 1
17:20-18:20	CXWORX™	STUDIO 1
17:20-18:50	BODYBALANCE™	STUDIO 2

ASHFORD LEISURE TRUST - STOUR LEISURE CENTRE THE STOUR CENTRE, ASHFORD, KENT, TN23 1ET		
8TH JUNE		
10:20-11:50	RPM™	CYCLE STUDIO
10:20-11:50	BODYBALANCE™	STUDIO 1
12:00-13:30	BODYCOMBAT™	STUDIO 1
13:40-15:10	BODYATTACK™	STUDIO 1
15:20-16:50	BODYPUMP™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
1ST JUNE		
10:50-12:20	BODYBALANCE™	STUDIO 2
12:30-14:00	RPM™	CYCLE STUDIO
14:10-15:10	LES MILLS SPRINT™	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1
15:50-17:20	BODYATTACK™	STUDIO 1

BANNATYNE FITNESS LTD NORWICH NORTHSIDE BUSINESS PARK, NORWICH, NR7 0HT		
8TH JUNE		
11:00-12:30	BODYBALANCE™	STUDIO 2
12:40-14:10	LES MILLS GRIT™ STRENGTH	STUDIO 1
14:20-15:50	BODYPUMP™	STUDIO 1
16:00-17:30	BODYCOMBAT™	STUDIO 1
16:00-17:30	RPM™	CYCLE STUDIO

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REGION 1: BOOKINGS OPEN 8TH MAY

DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON SW20 8TE		
8TH JUNE		
14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	BODYPUMP™	STUDIO 1
17:20-18:50	CXWORX™	STUDIO 1
14:00-15:30	LES MILLS BARRE™	STUDIO 2
15:40-17:10	SH'BAM™	STUDIO 2

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
8TH JUNE		
12:30-14:00	RPM™	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1
15:50-16:50	LES MILLS GRIT™ STRENGTH	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
9TH JUNE		
12:30-14:00	RPM™	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1
15:50-17:20	BODYCOMBAT™	STUDIO 1

NUFFIELD HEALTH CAMBRIDGE 213 CROMWELL ROAD, CAMBRIDGE, CB1 3BA		
9TH JUNE		
13:10-14:40	BODYPUMP™	STUDIO 1
14:50-16:20	BODYBALANCE™	STUDIO 2
14:50-16:20	BODYATTACK™	STUDIO 1
16:30-18:00	BODYCOMBAT™	STUDIO 1

NUFFIELD HEALTH DEVONSHIRE PLYMBRIDGE LANE, PLYMOUTH, DEVON, PL6 8BD		
9TH JUNE		
10:00-11:30	BODYPUMP™	STUDIO 1
10:00-11:30	SH'BAM™	STUDIO 2
11:40-13:10	BODYCOMBAT™	STUDIO 1
11:40-13:10	BODYJAM™	STUDIO 2
13:20-14:50	BODYATTACK™	STUDIO 1
13:20-14:50	BODYBALANCE™	STUDIO 2
15:00-16:30	LES MILLS GRIT™ STRENGTH	STUDIO 1
15:00-16:30	RPM™	CYCLE STUDIO

VILLAGE HOTELS & LEISURE LTD – BOURNEMOUTH WESSEX FIELDS, BOURNEMOUTH, DORSET, BH7 7DZ		
9TH JUNE		
09:40-11:10	RPM™	CYCLE STUDIO
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYBALANCE™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 2
15:40-17:10	BODYCOMBAT™	STUDIO 2
15:40-17:10	BODYPUMP™	STUDIO 1
17:20-18:50	LES MILLS GRIT™ STRENGTH	STUDIO 1
17:20-18:50	LES MILLS BARRE™	STUDIO 2

FPURE GYM - LONDON ALDGATE THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH, EC3A 7AG, LONDON		
14TH JUNE		
10:00-11:30	BODYSTEP™	STUDIO 1
14:10-15:40	BODYATTACK™	STUDIO 1
15:50-16:50	LES MILLS GRIT™ STRENGTH	STUDIO 1

1LIFE - WUGHTON LEISURE CENTRE RAINBOW DRIVE, CHAFFRON WAY, LEADENHALL MILTON KEYNES, MK6 5EJ		
15 JUNE		
09:00-10:30	BODYPUMP™	STUDIO 1
09:00-10:30	LES MILLS GRIT™ STRENGTH	STUDIO 2
10:40-12:10	BODYSTEP™	STUDIO 2
10:40-12:10	BODYCOMBAT™	STUDIO 1
12:20-13:50	BODYATTACK™	STUDIO 1
12:20-13:50	CXWORX™	STUDIO 2
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	LES MILLS BARRE™	STUDIO 2
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	LES MILLS SPRINT™	CYCLE STUDIO
15:40-17:10	BODYBALANCE™	STUDIO 1

Q2 2019 QUARTERLY WORKSHOPS SCHEDULE

REGION 1: BOOKINGS OPEN 8TH MAY

DAVID LLOYD BRISTOL LONG ASHTON ASHTON ROAD, BRISTO, BS3 2HB, SOMERSET, UNITED KING- DOM		
15TH JUNE		
10:10-11:40	BODYCOMBAT™	STUDIO 1
11:50-13:20	BODYPUMP™	STUDIO 1
13:30-15:00	BODYBALANCE™	STUDIO 2
15:10-16:40	BODYATTACK™	STUDIO 1
15:10-16:40	BODYPUMP™	STUDIO 2
16:50-18:20	LES MILLS GRIT™ STRENGTH	STUDIO 2

DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON SW20 8TE		
15TH JUNE		
12:20-13:50	RPM™	CYCLE STUDIO
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	BODYBALANCE™	STUDIO 2
15:40-17:10	BODYATTACK™	STUDIO 1

EVERYONE ACTIVE - FAREHAM LEISURE CENTRE PARK LANE, FAREHAM, PO16 7JU, HAMPSHIRE		
15TH JUNE		
12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	BODYATTACK™	STUDIO 2
14:10-15:40	LES MILLS SPRINT™	CYCLE STUDIO
15:50-17:20	BODYCOMBAT™	STUDIO 1
15:50-17:20	BODYJAM™	STUDIO 2
15:50-17:20	RPM™	CYCLE STUDIO
17:30-19:00	SH'BAM™	STUDIO 2
17:30-19:00	CXWORX™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
15TH JUNE		
14:10-15:40	BODYATTACK™	STUDIO 1
15:50-17:20	BODYSTEP™	STUDIO 1

LES MILLS HEAD OFFICE 1 ALIE STREET, FLOOR 2, ALDGATE, E1 8DE		
15TH JUNE		
10:10-11:40	BODYPUMP™	STUDIO 1
11:50-13:20	SH'BAM™	STUDIO 1
13:30-15:00	BODYJAM™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
16TH JUNE		
12:30-14:00	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1
15:50-16:50	LES MILLS GRIT™ STRENGTH	STUDIO 1

GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE, SWINDON, WILTSHIRE, SN2 1EP		
16TH JUNE		
09:40-11:10	BODYPUMP™	STUDIO 1
11:20-12:40	BODYBALANCE™	STUDIO 2
11:20-12:40	BODYPUMP™	STUDIO 1
12:50-14:20	BODYCOMBAT™	STUDIO 1
12:50-14:20	BODYBALANCE™	STUDIO 2
14:30-16:00	RPM™	CYCLE STUDIO
14:30-16:00	CXWORX™	STUDIO 1
16:10-17:40	LES MILLS SPRINT™	CYCLE STUDIO

LES MILLS HEAD OFFICE 1 ALIE STREET, FLOOR 2, ALDGATE, E1 8DE		
16TH JUNE		
10:10-11:40	BODYPUMP™	STUDIO 1
11:50-13:20	BODYPUMP™	STUDIO 1
13:30-15:00	LES MILLS TONE™	STUDIO 1
15:10-16:40	BODYBALANCE™	STUDIO 1