

# Q2 2019 QUARTERLY WORKSHOPS SCHEDULE

## REGION 2: BOOKINGS OPEN 9TH MAY

DAVID LLOYD EDINBURGH CORSTORPHINE 89B GLASGOW RD, EDINBURGH WEST, EH12 8GZ		
31ST MAY		
12:40-14:10	BODYPUMP™	STUDIO 1
12:40-14:10	RPM™	CYCLE STUDIO
14:20-15:50	BODYSTEP™	STUDIO 1
14:20-15:50	BODYBALANCE™	STUDIO 2

DAVID LLOYD YORK ST JOHNS PLAYING FIELD, YORK, YO10 3LG		1900-1945 2000-2045
1ST JUNE		
10:00-11:30	BODYBALANCE™	STUDIO 2
12:40-14:10	BODYPUMP™	STUDIO 1
14:20-15:50	LES MILLS GRIT™ STRENGTH	STUDIO 1
16:00-17:30	BODYATTACK™	STUDIO 1
16:00-17:30	RPM™	CYCLE STUDIO
14:20-15:50	SH'BAM™	STUDIO 2

VILLAGE HOTELS & LEISURE LTD - EDINBURGH 140 CREWE ROAD SOUTH, EDINBURGH, EH42NY		
1ST JUNE		
11:40-13:10	BODYPUMP™	STUDIO 1
13:20-14:50	BODYCOMBAT™	STUDIO 1
15:00-16:30	LES MILLS GRIT™ STRENGTH	STUDIO 1
16:40-18:10	CXWORX™	STUDIO 1
13:20-14:50	RPM™	CYCLE STUDIO

ACTIVE NORTHUMBERLAND - CONCORDIA LEISURE CENTRE FORUM WAY, CRAMLINGTON, NORTHUMBERLAND, NE236YB		
8TH JUNE		
11:20-12:50	BODYATTACK™	STUDIO 1
14:40-16:10	BODYBALANCE™	STUDIO 1
16:20-17:50	LES MILLS BARRE™	STUDIO 1
09:40-11:10	BODYPUMP™	STUDIO 2
11:20-12:50	BODYPUMP™	STUDIO 2
16:20-17:50	LES MILLS GRIT™ STRENGTH	STUDIO 2
11:20-12:50	RPM™	CYCLE STUDIO

GLASGOW LIFE - KELVIN HALL 1431-1451 ARGYLE STREET, GLASGOW, G3 8AW		
9TH JUNE		
08:20-09:50	BODYBALANCE™	STUDIO 1
10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYPUMP™	STUDIO 1
15:00-16:30	BODYCOMBAT™	STUDIO 1
16:40-18:10	BODYSTEP™	STUDIO 1
13:20-14:50	CXWORX™	STUDIO 2
15:00-16:30	LES MILLS GRIT™ STRENGTH	STUDIO 2
16:40-18:10	RPM™	CYCLE STUDIO

DAVID LLOYD EDINBURGH CORSTORPHINE 89B GLASGOW RD, EDINBURGH WEST, EH12 8GZ		
9TH JUNE		
12:50-14:20	BODYPUMP™	STUDIO 1
12:50-14:20	SH'BAM™	STUDIO 2
14:30-16:00	BODYATTACK™	STUDIO 1
14:30-16:00	Les Mills TONE	STUDIO 2
14:30-16:00	RPM™	CYCLE STUDIO
16:10-17:40	BODYCOMBAT™	STUDIO 1
16:10-17:40	BODYBALANCE™	STUDIO 2
16:10-17:40	LES MILLS SPRINT™	CYCLE STUDIO
17:50-19:20	LES MILLS BARRE™	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD, BIRMINGHAM, B14 6ER		
9TH JUNE		
12:40-14:10	BODYPUMP™	STUDIO 1
14:20-15:50	LES MILLS TONE™	STUDIO 1
16:00-17:30	CXWORX™	STUDIO 1
09:20-10:50	BODYBALANCE™	STUDIO 2
14:20-15:50	RPM™	CYCLE STUDIO
16:00-17:30	LES MILLS SPRINT™	CYCLE STUDIO

# Q2 2019 QUARTERLY WORKSHOPS SCHEDULE

## REGION 2: BOOKINGS OPEN 9TH MAY

THE FIT FACTORY 1 POINT STREET, LARNE, BT40 1HU, REPUBLIC OF IRELAND		
15TH JUNE		
08:30-10:00	BODYBALANCE™	STUDIO 1
10:10-11:40	BODYPUMP™	STUDIO 1
11:50-13:20	BODYATTACK™	STUDIO 1
13:30-15:00	BODYCOMBAT™	STUDIO 1
15:10-16:10	LES MILLS GRIT™ STRENGTH	STUDIO 1
16:50-18:20	RPM™	CYCLE STUDIO

DAVID LLOYD ABERDEEN GARTHDEE RD, ABERDEEN, AB10 7AY		
15TH JUNE		
12:50-14:20	BODYPUMP™	STUDIO 1
14:30-16:00	BODYCOMBAT™	STUDIO 1
14:30-16:00	RPM™	CYCLE STUDIO
16:10-17:40	BODYATTACK™	STUDIO 1
16:10-17:40	BODYBALANCE™	STUDIO 2
16:10-17:40	LES MILLS SPRINT™	CYCLE STUDIO

SHREWSBURY SPORTS VILLAGE SUNDORNE ROAD SHREWSBURY, SHROPSHIRE SY1 4RQ		
15TH JUNE		
12:30-14:00	BODYPUMP™	STUDIO 1
14:10-15:50	BODYCOMBAT™	STUDIO 1
16:00-17:30	BODYBALANCE™	STUDIO 1
10:50-12:20	RPM™	CYCLE STUDIO

BANNATYNE FITNESS INVERNESS INSHES RETAIL PARK, INVERNESS, SCOTLAND, IV23TW		
16TH JUNE		
10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYCOMBAT™	STUDIO 1

WEST PARK FITNESS GREENHILLS ROAD, TALLAGHT, DUBLIN, D24 CO. DUBLIN,		
16 JUNE		
09:00-10:30	BODYPUMP™	STUDIO 1
09:00-10:30	RPM™	CYCLE STUDIO
10:40-11:40	LES MILLS SPRINT™	CYCLE STUDIO
10:40-12:10	BODYBALANCE™	STUDIO 1
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 1
15:40-16:40	LES MILLS GRIT™ STRENGTH	STUDIO 1
16:50-17:50	CXWORX™	STUDIO 1

HOLY WELL FITNESS CENTRE LOUGHBOROUGH UNIVERSITY, ASHBY ROAD, LEICESTER-SHIRE, LE11 3GR		
16TH JUNE		
08:40-10:20	BODYPUMP™	STUDIO 1
08:40-10:20	BODYBALANCE™	STUDIO 2
10:30-12:00	BODYPUMP™	STUDIO 1
10:30-12:00	RPM™	STUDIO 2
12:10-13:40	BODYCOMBAT™	STUDIO 2
13:50-15:20	GRIT™	STUDIO 1
15:30-17:00	CXWORX™	STUDIO 1
15:30-17:00	BODYATTACK™	STUDIO 2

DAVID LLOYD CARDIFF IPSWICH ROAD, CARDIFF, CF23 9AQ		
16TH JUNE		
12:40-14:10	BODYPUMP™	STUDIO 1
14:20-15:50	BODYCOMBAT™	STUDIO 1
14:20-15:50	BODYATTACK™	STUDIO 2
16:00-17:30	BODYBALANCE™	STUDIO 2
16:00-17:30	LES MILLS GRIT™ STRENGTH	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD, BIRMINGHAM, B14 6ER		
16TH JUNE		
12:40-14:10	BODYPUMP™	STUDIO 1
14:20-15:50	BODYPUMP™	STUDIO 1
11:00-12:30	BODYATTACK™	STUDIO 2
09:20-10:50	BODYCOMBAT™	STUDIO 2
14:20-15:50	BODYJAM™	STUDIO 2
16:00-17:30	BODYBALANCE™	STUDIO 2
12:40-14:10	SH'BAM™	STUDIO 2
16:00-17:30	LES MILLS GRIT™ STRENGTH	STUDIO 1