

# SCHEDULE

# 2019

**SATURDAY**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**MORNING**

**AFTERNOON**

**EVENING**

<p>10:00 - 18:00 <b>GLOBAL TRAINER MANAGER / HEAD TRAINER MEETING</b></p>		<p>09:00 - 17:00 <b>LIVE ADVANCED TRAINING DAY 1 (INDEPENDENT TEAMS)</b></p> <p>10:00 - 18:00 <b>LES MILLS™ INSTRUCTOR EXPERIENCE DIRECTORS AND HEAD TRAINER MEETING</b></p>		<p>09:00 - 16:00 <b>LIVE ADVANCED TRAINING DAY 2 (INDEPENDENT TEAMS)</b></p>		<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>	<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>	<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>
						<p>07:30 - 08:00 <b>EDUCATION SESSION: BODYSTEP™</b></p>	<p>07:30 - 08:00 <b>EDUCATION SESSION: BODYCOMBAT™, LES MILLS GRIT™, BORN TO MOVE™,</b></p>	<p>06:30 - 07:15 SH'BAM™</p> <p>07:30 - 08:00 BODYATTACK™, BODYPUMP™, LES MILLS BARRE™</p>
<p>12:00 - 17:00 <b>EVENT REGISTRATION</b></p>		<p>12:00 - 17:00 <b>EVENT REGISTRATION</b></p>		<p>09:00 - 09:30 <b>LIVE FORWARD</b></p>	<p>09:00 - 10:00 <b>SCIENCE AND RESEARCH</b></p>	<p>09:00 - 10:00 <b>GROUP FITNESS MANAGEMENT (GFM)</b></p>		
				<p>09:30 - 10:00 <b>PERSONAL LEADERSHIP</b> (Sacha)</p>	<p>10:30 - 12:00 <b>BUSINESS STREAM MARKET PLACES LEADERSHIP EXPECTATIONS</b></p>	<p>10:30 - 12:00 <b>TRAINER STREAM CREATING COACHING CONVERSATIONS (Clare)</b></p>	<p>10:15 - 11:45 <b>BUSINESS STREAM MARKET PLACES BETTER BUSINESS</b></p>	<p>10:15 - 11:45 <b>TRAINER STREAM COMMUNICATING WITH IMPACT (Sacha)</b></p>
<p>16:45 - 18:00 <b>LES MILLS BODYCOMBAT TEAM CHALLENGE – HEATS</b></p>		<p>16:45 - 18:00 <b>LES MILLS BODYCOMBAT TEAM CHALLENGE – HEATS</b></p>		<p>12:15 - 13:00 <b>LES MILLS TONE™</b></p>	<p>12:15 - 12:45 <b>LES MILLS GRIT™ CARDIO</b></p>	<p>12:15 - 13:00 <b>SH'BAM™</b></p>	<p>12:00 - 13:00 <b>BODYBALANCE™</b></p>	
				<p>14:15 - 15:15 <b>LES MILLS ED TALKS</b></p>	<p>14:15 - 15:00 <b>BRAND</b></p>	<p>14:15 - 15:15 <b>LEADERSHIP</b> (Sacha)</p>		
<p>17:00 - 21:30 <b>TRIBAL GATHERING WELCOME RECEPTION</b></p>		<p>17:00 - 21:30 <b>TRIBAL GATHERING WELCOME RECEPTION</b></p>		<p>15:30 - 16:15 <b>TEAM TIME</b></p>	<p>15:00 - 15:30 <b>WORKOUT FOR WATER</b></p>	<p>15:15 - 15:45 <b>Q AND A SESSION</b></p>		
				<p>16:45 - 18:00 <b>LES MILLS BODYCOMBAT TEAM CHALLENGE – HEATS</b></p>	<p>15:30-16:00 <b>TRIBAL GATHERING TEAM PHOTO</b></p>	<p>16:00 - 16:30 <b>TEAM TIME</b></p>		
<p>20:00 - 21:00 <b>BODYJAM™</b></p>		<p>20:00 - 21:00 <b>BODYJAM™</b></p>		<p>18:15 - 19:15 <b>BODYPUMP™</b></p>	<p>16:00-16:45 <b>TEAM TIME</b></p>	<p>16:45 - 17:45 <b>TEAM TAKEOUTS</b></p>		
				<p>18:15 - 19:15 <b>EDUCATION SESSIONS: LES MILLS TONE™, BODYJAM™</b></p>	<p>17:15 - 18:30 <b>LES MILLS BODYCOMBAT TEAM CHALLENGE – FINALS</b></p>	<p>17:45 - 18:00 <b>WRAP UP / CLOSE</b></p>		
<p><b>Live Forward Tribal Gathering Rhodes, Greece –2019</b></p>		<p><b>Live Forward Tribal Gathering Rhodes, Greece –2019</b></p>		<p>21:00 - 23:00 <b>FREE EVENING – EXPLORE RHODES</b></p>	<p>21:00 - 23:00 <b>LES MILLS GOT TALENT</b></p>	<p>19:00 - LATE <b>DINNER, AWARDS AND ENTERTAINMENT</b></p>		
				<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>	<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>	<p>06:30 - 08:00 <b>WORKOUT SESSIONS AVAILABLE</b></p>		