

**MAIN ROOM**

**STUDIO 1**

**CYCLE STUDIO**

**BODYPUMP**  
09:00-10:00

Glen Ostergaard, Ricky Long,  
Aaron Davison, Shaun McKenna,  
& Hazel Anderson

**BODYPUMP**  
10:10-11:10

Glen Ostergaard, Claire Place,  
Aaron Davison, Shaun McKenna,  
& Hazel Anderson

**BODYSTEP**  
11:20-12:20

Ben Grant, Katie Galbraith  
& Paulina Skladanowska

**LOOK AFTER YOU:  
INJURY PREVENTION**  
12:35-13:20

Mike Trott

**LES MILLS GRIT ATHLETIC**  
13:30-14:00

Anthony Oxford, Claire Place  
& Aaron Davison

**BODYCOMBAT**  
14:15-15:15

Lee Smith, Natalie Blair &  
Daniel Choucri

**BODYATTACK**  
15:25-16:25

Mike Trott, Claire Place, Ben Grant  
& Paulina Skladanowska

**BODYBALANCE**  
16:35-17:35

Daniel Choucri, Rhian Toates  
& Emilee Wilson

**LES MILLS BARRE**  
10:15-10:45

Tori Gatherum &  
Lauren McCarron

**BODYJAM**  
11:15-12:15

Kat Bell

**SH'BAM**  
13:30-14:15

Kat Bell, Lauren McCarron &  
Emilee Wilson

**LES MILLS TONE**  
14:25-15:25

Tori Gatherum &  
Rhian Toates

**CXWORX**  
15:45-16:15

Tori Gatherum  
& Ricky Long

**RPM**  
09:00-09:45

Lee Smith &  
Jess McDonald

**LES MILLS SPRINT**  
10:00-10:30

Anthony Oxford, Natalie Mohan  
& Mike Trott

**RPM**  
11:15-12:00

Lee Smith &  
Jess McDonald

**RPM**  
13:30-14:15

Glen Ostergaard & Natalie Mohan

**LES MILLS SPRINT**  
14:25-14:55

Anthony Oxford, Natalie Mohan &  
Jess McDonald

**#TGManchester**  
**#TribalGathering**