

MAIN ROOM

STUDIO 1

CYCLE STUDIO

BODYPUMP
09:00-10:00

Rene Vogel, Ricky Long,
Adam Burke & Sarah Peffer

BODYPUMP
10:10-11:10

Rene Vogel, Lyndsey Morrison,
Adam Burke, Sarah Peffer
& Bryony Ross

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

Rene Vogel, Lyndsey Morrison &
Danny Raynor

BODYCOMBAT
14:15-15:15

Lee Smith, Lisa Macdonald
& Phil Harrison

BODYATTACK
15:25-16:25

Lyndsey Morrison, Adam Burke,
Ben Grant & Mike Trott

BODYBALANCE
16:35-17:35

Rene Vogel, Bram Halim
& Sarah Durnford

LES MILLS BARRE
10:15-10:45

Lauren McCarron
& Shey Shehovich

BODYJAM
11:15-12:15

Phil Harrison
& Shey Shehovich

SH'BAM
13:30-14:15

Lauren McCarron
& Shey Shehovich

LES MILLS TONE
14:25-15:10

Bram Halim
& Bryony Ross

CXWORX
15:45-16:15

Ricky Long
& Bryony Ross

LES MILLS SPRINT
12:30-13:00

Lee Smith
& Jazz Mutch

RPM
13:15-14:00

Neil Carr
& Nas Merouane

LES MILLS SPRINT
14:15-14:45

Mike Trott
& Nas Merouane

RPM
15:00-15:45

Neil Carr
& Jazz Mutch

RPM
16:00-16:45

Neil Carr
& Nas Merouane