

QUARTERLY 4 WORKSHOPS ONLINE MASTECCLASSES SESSIONS VIA ZOOM

Friday, November 27th, 2020

| TIME | PROGRAM | PRESENTERS |
|-------------|------------|------------------------|
| 10.00-11.30 | BODYPUMP | Lauren, Omar, Caroline |
| 12.00-13.30 | BODYATTACK | Anna, Ahmad |
| 14.00-15.30 | BODYCOMBAT | Rio, Desmond, Sanatt |

Saturday, November 28th, 2020

| TIME | PROGRAM | PRESENTERS |
|-------------|----------------|---------------|
| 10.00-11.30 | BODYBALANCE | John |
| 12.00-13.30 | Les Mills GRIT | Mahmood, Marc |
| 14.00-15.30 | CXWORX | Mariana, Marc |

LES MILLS