

**LES MILLS**

**MASTERCLASS  
FILMING +  
GLOBAL SUMMIT**

7, 8 + 9 MAY 2021

# FRIDAY 7 MAY—DAY 1

Note: All times appear first in New Zealand Standard Time (NZST), followed by Central Daylight Time (CDT), Central European Summer Time (CEST) and China Standard Time (CST).

<b>1100</b> Central Daylight Time (US): 1800 (Thursday) Central European Summer Time: 0100 China Standard Time: 0700	<b>EVENT OPENING</b>
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<b>1115—1245</b> Central Daylight Time (US): 1815—1945 (Thursday) Central European Summer Time: 0115—0245 China Standard Time: 0715—0845	<b>MASTERCLASS LIVESTREAM: BARRE 15</b>
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EDUCATION SESSION: Video content and live interviews with BARRE creative team.

<b>1315—1515</b> Central Daylight Time (US): 2015—2215 (Thursday) Central European Summer Time: 0315—0515 China China Standard Time: 0915—1115	<b>MASTERCLASS LIVESTREAM: TONE 14</b>
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EDUCATION SESSION: Video content and live interviews with TONE creative team.

<b>1615—1745</b> Central Daylight Time (US): 2315—0045 (Friday) Central European Summer Time: 0615—0745 China Standard Time: 1215—1345	<b>MASTERCLASS LIVESTREAM: SH'BAM 44</b>
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EDUCATION SESSION: Video content and live interviews with SH'BAM creative team.

<b>1815—1945</b> Central Daylight Time (US): 0115—0245 Central European Summer Time: 0815—0945 China Standard Time: 1415—1545	<b>MASTERCLASS LIVESTREAM: BODYCOMBAT 88</b>
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EDUCATION SESSION: Video content and live interviews with BODYCOMBAT creative team.

<b>2015—2145</b> Central Daylight Time (US): 0315—0445 Central European Summer Time: 1015—1145 China Standard Time: 1615—1745	<b>MASTERCLASS LIVESTREAM: BODYJAM 97</b>
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EDUCATION SESSION: Video content and live interviews with BODYJAM creative team.

# SATURDAY 8 MAY—DAY 2

<b>1145</b> Central Daylight Time (US): 1845 (Friday) Central European Summer Time: 0145 China Standard Time: 0745	<b>DAY TWO OPENING SESSION</b>
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<b>1200—1330</b> Central Daylight Time (US): 1900—2030 (Friday) Central European Summer Time: 0200—0330 China Standard Time: 0800—0930	<b>MASTERCLASS LIVESTREAM: BODYATTACK 113</b>
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EDUCATION SESSION: Video content and live interviews with BODYATTACK creative team.

<b>1400—1530</b> Central Daylight Time (US): 2100—2230 (Friday) Central European Summer Time: 0400—0530 China Standard Time: 1000—1330	<b>MASTERCLASS LIVESTREAM: CORE 43</b>
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EDUCATION SESSION: Video content and live interviews with CORE creative team.

<b>1600—1730</b> Central Daylight Time (US): 2300—0030 (Saturday) Central European Summer Time: 0600—0730 China Standard Time: 1200—1330	<b>MASTERCLASS LIVESTREAM: BODYBALANCE/ BODYFLOW 93</b>
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EDUCATION SESSION: Video content and live interviews with BODYBALANCE/BODYFLOW creative team.

<b>1800—1830</b> Central Daylight Time (US): 0100—0130 Central European Summer Time: 0800—0830 China Standard Time: 1400—1430	<b>MUSCLE ACTIVATION RESEARCH</b> A series of investigations into commonly used exercises in Les Mills programs
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<b>1830—2000</b> Central Daylight Time (US): 0130—0300 Central European Summer Time: 0830—1000 China Standard Time: 1430—1600	<b>MASTERCLASS LIVESTREAM: BODYPUMP 118</b>
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EDUCATION SESSION: Video content and live interviews with BODYPUMP creative team.

<b>2030—2200</b> Central Daylight Time (US): 0330—0500 Central European Summer Time: 1030—1200 China Standard Time: 1630—1800	<b>MASTERCLASS LIVESTREAM: BODYSTEP 124</b>
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EDUCATION SESSION: Video content and live interviews with BODYSTEP creative team.

# SUNDAY 9 MAY – DAY 3

<p><b>0600</b>            Central Daylight Time (US): 1300 (Saturday)            Central European Summer Time: 2000 (Saturday)            China Standard Time: 0200</p>	<p><b>OPENING SESSION + OUR 2022 GAMEPLAN (LIVE)</b></p>
<p><b>0620</b>            Central Daylight Time (US): 1320 (Saturday)            Central European Summer Time: 2020 (Saturday)            China Standard Time: 0220</p>	<p><b>GLOBAL TAP TEAMS RECOGNITION</b></p>
<p><b>0645</b>            Central Daylight Time (US): 1345 (Saturday)            Central European Summer Time: 2045 (Saturday)            China Standard Time: 0245</p>	<p><b>LES MILLS QUALIFICATION LAUNCH</b></p>
<p><b>0705</b>            Central Daylight Time (US): 1405 (Saturday)            Central European Summer Time: 2105 (Saturday)            China Standard Time: 0305</p>	<p><b>LES MILLS QUALIFICATION LIVE Q+A</b></p>
<p><b>0725</b>            Central Daylight Time (US): 1425 (Saturday)            Central European Summer Time: 2125 (Saturday)            China Standard Time: 0325</p>	<p><b>WHAT WILL SUPRISE YOU?</b>            Empathy and the importance of self-compassion. To prepare for this session please complete this <a href="#">strength survey</a></p>
<p><b>0825</b>            Central Daylight Time (US): 1525 (Saturday)            Central European Summer Time: 2255 (Saturday)            China Standard Time: 0425</p>	<p><b>THE LES MILLS DIGITAL HUB</b>            A transformational way for clubs and Instructors to engage</p>
<p><b>0840</b>            Central Daylight Time (US): 1540 (Saturday)            Central European Summer Time: 2240 (Saturday)            China Standard Time: 0440</p>	<p><b>WHAT'S IN THE PIPELINE AND LIVE Q+A</b>            Innovation and development news for live, virtual and on demand customers</p>
<p><b>0910</b>            Central Daylight Time (US): 1610 (Saturday)            Central European Summer Time: 2310 (Saturday)            China Standard Time: 0510</p>	<p><b>THE FASTEST WAY BACK</b>            Discover how to fully engage your members inside and outside the gym</p>

# SUNDAY 9 MAY—DAY 3 (CONTINUED)

<p><b>0940</b>            Central Daylight Time (US): 1640 (Saturday)            Central European Summer Time: 2340 (Saturday)            China Standard Time: 0540</p>	<p><b>THE FASTEST WAY BACK LIVE Q+A</b></p>
<p><b>0955</b>            Central Daylight Time (US): 1655 (Saturday)            Central European Summer Time: 2355 (Saturday)            China Standard Time: 0555</p>	<p><b>DIVERSITY, EQUITY + INCLUSION AND LIVE Q+A</b></p>
<p><b>1030—1130</b>            Central Daylight Time (US): 1730—1830 (Saturday)            Central European Summer Time: 0030—0130 (Sunday)            China Standard Time: 0630—0730</p>	<p><b>MASTERCLASS LIVESTREAM: SPRINT 24</b></p>
<p><b>1130—1200</b>            Central Daylight Time (US): 1830—1900 (Saturday)            Central European Summer Time: 0130—0200            China Standard Time: 0730—0800</p>	<p><b>EXERCISE BEHAVIOUR RESEARCH</b>            New research on attitudes to exercise of habitual exercisers versus inactive people</p>
<p><b>1200—1330</b>            Central Daylight Time (US): 1900—2030 (Saturday)            Central European Summer Time: 0200—0330            China Standard Time: 0800—0930</p>	<p><b>MASTERCLASS LIVESTREAM: RPM 90</b></p>
<p><b>EDUCATION SESSION:</b> Video content and live interviews with RPM creative team.</p>	
<p><b>BREAK</b></p>	
<p><b>1630—1730</b>            Central Daylight Time (US): 2330 — 0030 (Sunday)            Central European Summer Time: 0630—0730            China Standard Time: 1230—1330</p>	<p><b>MASTERCLASS LIVESTREAM: GRIT STRENGTH 37</b></p>

**EDUCATION SESSION:** Video content and live interviews with GRIT STRENGTH creative team.

# SUNDAY 9 MAY—DAY 3 (CONTINUED)

<b>1800—1900</b> Central Daylight Time (US): 0100—0200 Central European Summer Time: 0800—0900 China Standard Time: 1400—1500	<b>MASTERCLASS LIVESTREAM: GRIT CARDIO 37</b>
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EDUCATION SESSION: Video content and live interviews with GRIT CARDIO creative team.

<b>1930—2030</b> Central Daylight Time (US): 0230—0330 Central European Summer Time: 0930—1030 China Standard Time: 1530—1630	<b>MASTERCLASS LIVESTREAM: GRIT ATHLETIC 37</b>
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EDUCATION SESSION: Video content and live interviews with GRIT ATHLETIC creative team.

<b>2040</b> Central Daylight Time (US): 0340 Central European Summer Time: 1040 China Standard Time: 1640	<b>GLOBAL SUMMIT CLOSE</b>
<b>2100</b> Central Daylight Time (US): 0400 Central European Summer Time: 1100 China Standard Time: 1700	<b>EVENT CLOSE</b>