

LEARNING ROOM

**INSTRUCTOR
DEVELOPMENT
EDUCATION**
08:20-09:05

**BODYPUMP™ / GRIT™
STRENGTH TECHNIQUE
WORKSHOP**
09:20-09:50

**GRIT™ TECHNIQUE
WORKSHOP
(PLYO / CARDIO)**
10:05-10:35

**BODYPUMP™ / GRIT™
STRENGTH TECHNIQUE
WORKSHOP**
10:45-11:15

**BODYATTACK™ /
BODYSTEP™ TECHNIQUE
WORKSHOP**
11:50-12:20

POWER OF LAUNCHES

12:40-13:10

**BODYVIVE™ / CXWORX™
TECHNIQUE WORKSHOP**

13:25-13:55

**BODYCOMBAT™
TECHNIQUE WORKSHOP**

14:10-14:40

**BODYJAM™ / SH'BAM™
TECHNIQUE WORKSHOP**

14:55-15:25

**MAXIMISING YOUR
TIMETABLE**

15:35-16:05

**BODYBALANCE™
TECHNIQUE WORKSHOP**

16:30-17:00

MAIN ROOM

BODYPUMP™

08:20-09:15

BODYPUMP™

09:35-10:30

GRIT™ SERIES

10:50-11:20

**INSTRUCTOR EDUCATION
DEVELOPMENT**

11:50-12:35

BODYSTEP™

12:50-13:45

CXWORX™

14:05-14:35

BODYCOMBAT™

15:00-15:55

BODYATTACK™

16:10-17:05

BODYBALANCE™

17:20-18:15

ROOM 2

BODYJAM™

12:50-13:45

SH'BAM™

14:00-14:45

BODYVIVE™

15:00-15:45

CYCLE ROOM

THE TRIP™

09:45-10:30

RPM™

10:40-11:25

SPRINT™

11:40-12:10

**RPM™ / SPRINT™
TECHNIQUE WORKSHOP**

12:20-12:50