

SEPTEMBER 2017 EVENT PLANNER

SATURDAY 2ND SEPTEMBER

ORIAM (HERIOT WATT UNIVERSITY) CENTRE FOR SPORT AND EXERCISE, EDINBURGH EH14 4AS		
10:20-11:50	BODYPUMP™	STUDIO 1
10:20-11:50	BODYATTACK™	STUDIO 2
12:00-13:30	BODYSTEP™	STUDIO 1
12:00-13:30	RPM™	CYCLE STUDIO
13:40-15:10	BODYPUMP™	STUDIO 1
13:40-15:10	BODYBALANCE™	STUDIO 2
15:20-16:50	BODYCOMBAT™	STUDIO 1
15:20-16:50	BODYBALANCE™	STUDIO 2
VILLAGE HOTELS & LEISURE LTD - EDINBURGH CREWE ROAD SOUTH, EDINBURGH EH4 2NY		
11:30-13:00	BODYPUMP™	STUDIO 1
13:10-14:40	CXWORX™	STUDIO 1
13:10-14:40	BODYBALANCE™	STUDIO 2
14:50-16:20	BODYPUMP™	STUDIO 1
14:50-16:20	BODYBALANCE™	STUDIO 2
16:30-18:00	BODYATTACK™	STUDIO 1

SEFTON BOROUGH COUNCIL - CROSBY LAKESIDE ADVENTURE CENTRE CAMBRIDGE RD, LIVERPOOL, MERSEYSIDE L22 1RR		
10:00-11:30	BODYBALANCE™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYCOMBAT™	STUDIO 1
15:00-16:30	BODYPUMP™	STUDIO 1
16:40-18:10	CXWORX™	STUDIO 1
SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD STH, BIRMINGHAM B14 6ER		
11:30-13:00	BODYPUMP™	STUDIO 1
13:10-14:40	BODYPUMP™	STUDIO 1
13:10-14:40	BODYCOMBAT™	STUDIO 2
14:50-16:20	BODYBALANCE™	STUDIO 2
16:30-18:00	BODYATTACK™	STUDIO 2

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* FOR CXWORX™ & BODYVIVE™ PLEASE BRING YOUR OWN BAND AND FOR BODYBALANCE™ PLEASE BRING YOUR OWN MAT .
WE RECOMMEND YOU AIM TO ARRIVE AT THE VENUE AT LEAST 20 MINUTES PRIOR TO YOUR FIRST SESSION.
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SEPTEMBER 2017 EVENT PLANNER

SUNDAY 3RD SEPTEMBER

SALFORD COMMUNITY LEISURE - IRLAM AND CADISHEAD LEISURE CENTRE LIVERPOOL ROAD, IRLAM, GREATER MANCHESTER M44 6BR

09:00-10:30	BODYCOMBAT™	STUDIO 1
10:40-12:10	BODYBALANCE™	STUDIO 1
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 1
15:40-17:10	BODYPUMP™	STUDIO 1

CLUB COMPANY ESSEX GOLF & COUNTRY CLUB EARLS COLNE, ESSEX, CO6 2NS

07:30-09:00	BODYATTACK™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
10:40-12:10	RPM™	CYCLE STUDIO
12:20-13:50	BODYBALANCE™	STUDIO 1
14:00-15:30	BODYCOMBAT™	STUDIO 1
15:40-17:10	BODYPUMP™	STUDIO 1

BANNATYNE FITNESS LTD TOWER 42 21B OLD BROAD STREET, LONDON, EC2N 1HQ

10:00-11:30	BODYPUMP™	STUDIO 1
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYPUMP™	STUDIO 1
13:20-14:50	RPM™	CYCLE STUDIO
15:00-16:30	BODYPUMP™	STUDIO 1

NUFFIELD HEALTH GLASGOW MINERVA WAY SUMMIT CENTRE, 11 MINERVA WAY, GLASGOW, STRATHCLYDE G3 8AU

10:00-11:30	RPM™	CYCLE STUDIO
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYCOMBAT™	STUDIO 1
15:00-16:30	BODYPUMP™	STUDIO 1
16:40-18:10	BODYBALANCE™	STUDIO 1

RUSSELL SEAL FITNESS CENTRE, EXETER UNIVERSITY

09:00-10:30	BODYATTACK™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
12:20-13:50	BODYCOMBAT™	STUDIO 1
14:00-15:30	BODYPUMP™	STUDIO 1
15:40-17:10	BODYBALANCE™	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD STH, BIRMINGHAM B14 6ER

11:20-12:50	RPM™	CYCLE STUDIO
13:00-14:30	BODYPUMP™	STUDIO 1
13:00-14:30	BODYATTACK™	STUDIO 2
14:40-16:10	BODYCOMBAT™	STUDIO 1
14:40-16:10	BODYBALANCE™	STUDIO 2
16:20-17:50	BODYPUMP™	STUDIO 1

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FRIDAY 8TH SEPTEMBER

PURE GYM - LONDON ALDGATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH,
LONDON EC3A 7AG

09:00-10:30	BODYCOMBAT™	STUDIO 1
10:30-12:00	BODYATTACK™	STUDIO 1
14:20-15:50	BODYBALANCE™	STUDIO 1
14:20-15:50	RPM™	CYCLE STUDIO
16:00-17:30	BODYPUMP™	STUDIO 1

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SATURDAY 9TH SEPTEMBER

GYM TECH

ASHTREE ENTERPRISE PARK, NEWRY,
COUNTY DOWN BT34 1BY

09:20-10:50	BODYATTACK™	STUDIO 1
11:00-12:30	BODYPUMP™	STUDIO 1
12:40-14:10	CXWORX™	STUDIO 1
12:40-14:10	RPM™	CYCLE STUDIO
14:20-15:50	BODYCOMBAT™	STUDIO 1
16:00-17:30	BODYBALANCE™	STUDIO 1

HARBOUR CLUB KENSINGTON

POINT WEST APARTMENTS, 116 CROMWELL RD,
KENSINGTON, LONDON SW7 4XR

13:05-14:35	BODYPUMP™	STUDIO 1
14:40-16:10	BODYATTACK™	STUDIO 1
14:40-16:10	BODYBALANCE™	STUDIO 2
16:20-17:50	GRIT™ (Plyo)	STUDIO 1
16:20-17:50	BODYBALANCE™	STUDIO 2

DAVID LLOYD RAYNES PARK

BUSHEY ROAD, LONDON, SW20 8TE

12:00-13:30	BODYBALANCE™	STUDIO 1
13:40-15:10	BODYPUMP™	STUDIO 1
13:40-15:10	BODYBALANCE™	STUDIO 2
15:20-16:50	BODYATTACK™	STUDIO 1
17:00-18:30	BODYCOMBAT™	STUDIO 2

DAVID LLOYD LEEDS

TONGUE LANE, LEEDS, WEST YORKSHIRE LS6 4QW

12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYATTACK™	STUDIO 1
15:20-16:50	BODYBALANCE™	STUDIO 1
17:00-18:30	BODYCOMBAT™	STUDIO 1

WASP LEISURE LTD - ALLOA LEISURE BOWL

PARKWAY, ALLOA, CLACKMANNANSHIRE FK10 2AF

08:20-09:50	BODYPUMP™	STUDIO 1
10:00-11:30	BODYBALANCE™	STUDIO 1
11:40-13:10	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYPUMP™	STUDIO 1
15:00-16:30	GRIT™ (Plyo)	STUDIO 1
16:40-18:10	BODYATTACK™	STUDIO 1

DAVID LLOYD YORK

ST JOHN'S PLAYING FIELD, HULL ROAD, YORK YO10 3LG

08:00-09:30	BODYBALANCE™	STUDIO 2
12:30-14:00	BODYPUMP™	STUDIO 1
12:30-14:00	RPM™	CYCLE STUDIO
14:10-15:40	GRIT™ (Plyo)	STUDIO 1
15:50-17:20	BODYCOMBAT™	STUDIO 1

DAVID LLOYD BRISTOL LONG ASHTON

ASHTON ROAD, BRISTOL, AVON BS3 2HB

09:40-11:10	BODYATTACK™	STUDIO 1
11:20-12:50	BODYCOMBAT™	STUDIO 1
13:00-14:30	BODYPUMP™	STUDIO 1
13:00-14:30	BODYBALANCE™	STUDIO 2
14:40-16:10	GRIT™ (Plyo)	STUDIO 1
14:40-16:10	BODYBALANCE™	STUDIO 2
14:40-16:10	RPM™	CYCLE STUDIO
16:20-17:50	BODYPUMP™	STUDIO 1

SURREY SPORTS PARK

UNISPORT GUILDFORD, SURREY GU2 7AD

10:40-12:10	RPM™	CYCLE STUDIO
12:20-13:50	BODYCOMBAT™	STUDIO B
13:20-14:50	BODYPUMP™	STUDIO A
14:00-15:30	BODYBALANCE™	STUDIO B
15:00-16:30	BODYATTACK™	STUDIO A
15:40-17:10	BODYPUMP™	STUDIO B
16:40-18:10	BODYBALANCE™	STUDIO A

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LES MILLS
QUARTERLY WORKSHOP

SUNDAY 10TH SEPTEMBER

DAVID LLOYD BRISTOL LONG ASHTON ASHTON ROAD, BRISTOL, AVON BS3 2HB			DAVID LLOYD YORK ST JOHN'S PLAYING FIELD, HULL ROAD, YORK YO10 3LG		
10:50-12:20	BODYCOMBAT™	STUDIO 1	11:00-12:30	BODYCOMBAT™	STUDIO 2
12:30-14:00	BODYPUMP™	STUDIO 1	12:40-14:10	BODYPUMP™	STUDIO 1
12:30-14:00	RPM™	CYCLE STUDIO	12:40-14:10	RPM™	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1	14:20-15:50	BODYATTACK™	STUDIO 1
14:10-15:40	BODYBALANCE™	STUDIO 2	DAVID LLOYD LEEDS TONGUE LANE, LEEDS, WEST YORKSHIRE LS6 4QW		
15:50-17:20	BODYATTACK™	STUDIO 1	12:00-13:30	BODYPUMP™	STUDIO 1
DAVID LLOYD RAYNES PARK BUSHEY ROAD, LONDON, SW20 8TE			13:40-15:10	CXWORX™	STUDIO 1
12:00-13:30	BODYPUMP™	STUDIO 1	15:20-16:50	GRIT™ (Plyo)	STUDIO 1
13:40-15:10	CXWORX™	STUDIO 1	17:00-18:30	RPM™	CYCLE STUDIO
13:40-15:10	BODYATTACK™	STUDIO 2	17:00-18:30	BODYBALANCE™	STUDIO 1
13:40-15:10	RPM™	CYCLE STUDIO	UNIVERSITY OF KENT SPORT PHYSICAL ACTIVITY AND RECREATION, KENT CT2 7NL		
15:20-16:50	GRIT™ (Plyo)	STUDIO 1	09:10-10:40	BODYATTACK™	STUDIO 1
15:20-16:50	BODYBALANCE™	STUDIO 2	10:45-12:15	BODYPUMP™	STUDIO 1
17:00-18:30	BODYCOMBAT™	STUDIO 2	12:20-13:50	BODYBALANCE™	STUDIO 1
FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET, LONDON, SE1 2QN			13:55-15:25	BODYPUMP™	STUDIO 1
10:30-12:00	BODYBALANCE™	STUDIO 2	15:30-17:00	BODYCOMBAT™	STUDIO 1
12:10-13:40	RPM™	CYCLE STUDIO	PONDS FORGE INTERNATIONAL SPORTS SHEAF STREET, SHEFFIELD, S1 2BP		
13:50-15:20	BODYSTEP™	STUDIO 1	08:20-09:50	BODYATTACK™	STUDIO 1
15:30-17:00	BODYPUMP™	STUDIO 1	10:00-11:30	BODYCOMBAT™	STUDIO 1
PONDS FORGE INTERNATIONAL SPORTS SHEAF STREET, SHEFFIELD, S1 2BP			11:40-13:10	BODYBALANCE™	STUDIO 1
08:20-09:50	BODYATTACK™	STUDIO 1	13:20-14:50	BODYPUMP™	STUDIO 1
10:00-11:30	BODYCOMBAT™	STUDIO 1	13:20-14:50	RPM™	CYCLE STUDIO
11:40-13:10	BODYBALANCE™	STUDIO 1	15:00-16:30	BODYPUMP™	STUDIO 1
13:20-14:50	BODYPUMP™	STUDIO 1	16:40-18:10	CXWORX™	STUDIO 1
13:20-14:50	RPM™	CYCLE STUDIO			
15:00-16:30	BODYPUMP™	STUDIO 1			
16:40-18:10	CXWORX™	STUDIO 1			

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SATURDAY 16TH SEPTEMBER

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET, LONDON, SE1 2QN			ACTIVE NORTHUMBERLAND - CONCORDIA LEISURE CENTRE FORUM WAY, CRAMLINGTON, NORTHUMBERLAND NE23 6YB		
12:10-13:40	BODYBALANCE™	STUDIO 2	09:00-10:30	BODYBALANCE™	STUDIO 2
13:50-15:20	BODYPUMP™	STUDIO 1	10:40-12:00	BODYPUMP™	STUDIO 2
15:30-17:00	CXWORX™	STUDIO 1	12:20-13:50	BODYCOMBAT™	STUDIO 2
SOUTH DOWNS LEISURE TRUST - WORTHING LEISURE CENTRE WORTHING, WEST SUSSEX BN12 4ET			SEFTON BOROUGH COUNCIL - CROSBY LAKESIDE ADVENTURE CENTRE CAMBRIDGE RD, LIVERPOOL, MERSEYSIDE L22 1RR		
08:20-09:50	BODYPUMP™	STUDIO 2	10:00-11:30	GRIT™ (Plyo)	STUDIO 1
08:20-09:50	BODYBALANCE™	STUDIO 3	11:40-13:10	BODYPUMP™	STUDIO 1
10:00-11:30	BODYATTACK™	STUDIO 2	13:20-14:50	CXWORX™	STUDIO 1
10:00-11:30	BODYBALANCE™	STUDIO 3	15:00-16:30	BODYBALANCE™	STUDIO 1
11:40-13:10	BODYPUMP™	STUDIO 2	16:40-18:10	RPM™	CYCLE STUDIO
11:40-13:10	BODYCOMBAT™	STUDIO 3	BH LIVE - QUEENS PARK 51 QUEENS PARK SOUTH DR, BOURNEMOUTH, DORSET BH8		
13:20-14:50	RPM™	CYCLE STUDIO	11:10-12:50	RPM™	CYCLE STUDIO
15:00-16:30	BODYPUMP™	STUDIO 2	11:10-12:40	BODYPUMP™	STUDIO 1
GLASGOW LIFE - KELVIN HALL 1431 - 1451 ARGYLE STREET, GLASGOW, G3 8AW			12:50-14:20	BODYATTACK™	STUDIO 1
08:20-09:50	BODYPUMP™	STUDIO 1	12:50-14:20	BODYBALANCE™	STUDIO 2
10:00-11:30	CXWORX™	STUDIO 1	14:30-16:00	BODYPUMP™	STUDIO 1
11:40-13:10	BODYATTACK™	STUDIO 1	16:10-17:40	BODYCOMBAT™	STUDIO 1
13:20-14:50	BODYCOMBAT™	STUDIO 1	16:10-17:40	BODYBALANCE™	STUDIO 2
13:20-14:50	BODYSTEP™	STUDIO 2			
15:00-16:30	GRIT™ (Plyo)	STUDIO 1			
15:00-16:30	BODYJAM™	STUDIO 2			

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SUNDAY 17TH SEPTEMBER

VIRGIN ACTIVE THUNDERSLEY 200 RAYLEIGH ROAD, ESSEX, SS7 3YN

08:20-09:50	BODYCOMBAT™	STUDIO 1
10:00-11:30	BODYPUMP™	STUDIO 1
10:00-11:30	BODYBALANCE™	STUDIO 2
11:40-13:10	GRIT™ (Plyo)	STUDIO 1
11:40-13:10	BODYBALANCE™	STUDIO 2
13:20-14:50	BODYPUMP™	STUDIO 1
13:20-14:50	RPM™	CYCLE STUDIO
15:00-16:30	BODYATTACK™	STUDIO 1
16:40-18:10	CXWORX™	STUDIO 2

BANNATYNE FITNESS LTD NORWICH NORTHSIDE BUSINESS PARK ST ANDREW, NORWICH NR7 0HT UNITED KINGDOM

11:50-12:20	BODYPUMP™	STUDIO 1
12:30-14:00	BODYCOMBAT™	STUDIO 1
12:30-14:00	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	BODYBALANCE™	STUDIO 2
15:50-17:20	BODYATTACK™	STUDIO 1

VILLAGE HOTELS & LEISURE LTD - EDINBURGH CREWE ROAD SOUTH, EDINBURGH EH4 2NY

12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYCOMBAT™	STUDIO 1
13:40-15:10	BODYBALANCE™	STUDIO 2
15:20-16:50	GRIT™ (Plyo)	STUDIO 1
15:20-16:50	RPM™	CYCLE STUDIO
17:00-18:30	BODYATTACK™	STUDIO 1

DAVID LLOYD WARRINGTON CROMWELL AVENUE SOUTH, WARRINGTON, CHESHIRE WA5 1HH

10:40-12:10	BODYATTACK™	STUDIO 1
12:20-13:50	BODYCOMBAT™	STUDIO 1
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	BODYBALANCE™	STUDIO 2
15:40-17:10	GRIT™ (Plyo)	STUDIO 1
15:40-17:10	RPM™	CYCLE STUDIO
17:20-18:50	BODYPUMP™	STUDIO 1

HARBOUR CLUB KENSINGTON POINT WEST APARTMENTS, 116 CROMWELL RD, KENSINGTON, LONDON SW7 4XR

11:30-13:00	BODYPUMP™	STUDIO 1
11:30-13:00	RPM™	CYCLE STUDIO
13:10-14:40	GRIT™ (Plyo)	STUDIO 1
14:50-16:20	BODYPUMP™	STUDIO 1
14:50-16:20	RPM™	CYCLE STUDIO
16:30-18:00	BODYPUMP™	STUDIO 1

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