

LEARNING ROOM

BIG HALL

SMALL HALL

CYCLE

**BODYATTACK™
TECHNIQUE WORKSHOP**
08:20-09:10
Tommy

**MAXIMISING YOUR
TIMETABLE**
09:30-10:00
Blake

**BODYJAM™ / SH'BAM™
TECHNIQUE WORKSHOP**
10:30-11:00
Casey/Jacques

**GRIT™ TECHNIQUE
WORKSHOP (PLYO & CARDIO)**
11:30-12:00
Marc

**BODYJAM™ / SH'BAM™
TECHNIQUE WORKSHOP**
12:30-13:00
Casey/Jacques

POWER OF LAUNCHES
13:10-13:40
Blake

**BODYATTACK™ TECHNIQUE
WORKSHOP**
13:50-14:20
Tommy

**GRIT™ TECHNIQUE
WORKSHOP (PLYO & CARDIO)**
14:30-15:00
Marc

**BODYVIVE™ / CXWORX™
TECHNIQUE WORKSHOP**
15:20-15:50
Justin / Ann-See

**BODYSTEP™ TECHNIQUE
WORKSHOP**
16:00-16:30
Paulina

**INSTRUCTOR EDUCATION
DEVELOPMENT**
08:30-09:15
Justin/ Sarah

BODYATTACK™
09:30-10:25
Tommy

GRIT™ CARDIO
10:40-11:10
Marc

BODYJAM™
11:25-12:20
Jacques

**INSTRUCTOR EDUCATION
DEVELOPMENT**
12:35-13:20
Sarah

**BODYBALANCE™
TECHNIQUE WORKSHOP**
13:35-14:05
Ann-See

BODYBALANCE™
14:10-15:05
Ann-See

SH'BAM™
15:20-16:05
Casey

**BODYCOMBAT™ TECHNIQUE
WORKSHOP**
16:20-16:50
Tommy

BODYCOMBAT™
16:55-17:50
Tommy

BODYPUMP™
08:20-09:15
Casey

**BODYPUMP™ / GRIT™ STRENGTH
TECHNIQUE WORKSHOP**
09:25-09:55
Casey

BODYPUMP™
10:10-11:05
Justin

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

BODYPUMP™
12:00-12:55
Natalie

**BODYPUMP™ / GRIT™ STRENGTH
TECHNIQUE WORKSHOP**
13:00-13:30
Natalie

**GRIT™ SERIES
(PLYO & STRENGTH)**
13:50-14:20
Marc

BODYSTEP™
14:45-15:40
Paulina

CXWORX™
16:10-16:40
Justin / Wash

BODYVIVE™
16:55-17:40
Ann-See

SPRINT
09:25-09:55
Jess

RPM™
10:15-11:00
Washington

**RPM™ / SPRINT
TECHNIQUE WORKSHOP**
11:15-11:45
Washington

RPM™
12:00-12:45
Jess

**RPM™ / SPRINT
TECHNIQUE WORKSHOP**
13:00-13:30
Jess

RPM™
14:00-14:45
Washington

SPRINT
14:50-15:35
Natalie