

LEARNING ROOM

BIG HALL

ROOM 1

ROOM 2

CYCLE

SH'BAM™ TECHNIQUE WORKSHOP
09:30-10:00

INSTRUCTOR DEVELOPMENT EDUCATION WORKSHOP
10:15-11:00

POWER OF LAUNCHES EDUCATION WORKSHOP
11:15-11:45

BODYVIVE™ TECHNIQUE WORKSHOP
12:15-12:45

BODYJAM™ TECHNIQUE WORKSHOP
13:15-13:45

MAXIMISING YOUR TIMETABLE EDUCATION WORKSHOP
14:00-14:30

BODYSTEP™ SERIES TECHNIQUE WORKSHOP
14:45-15:15

GRIT™ TECHNIQUE WORKSHOP
15:30-16:00

BODYCOMBAT™
09:30-10:25

BODYCOMBAT™ TECHNIQUE WORKSHOP
10:30-11:00

LES MILLS GRIT™ CARDIO
11:15-11:45

INSTRUCTOR DEVELOPMENT EDUCATION WORKSHOP
12:00-12:45

BODYATTACK™
13:00-13:55

BODYATTACK™ TECHNIQUE WORKSHOP
14:00-14:30

BODYBALANCE™ TECHNIQUE WORKSHOP
14:45-15:00

BODYBALANCE™
15:05-16:00

BODYPUMP™
08:20-09:15

BODYPUMP™ TECHNIQUE WORKSHOP
09:25-09:55

BODYPUMP™
10:10-11:05

BODYPUMP™ TECHNIQUE WORKSHOP
11:15-11:45

BODYPUMP™
12:00-12:55

BODYPUMP™ TECHNIQUE WORKSHOP
13:00-13:30

BODYPUMP™
13:45-14:40

LES MILLS GRIT™ SERIES (PLYO & STRENGTH)
14:45-15:15

BODYSTEP™
15:35-16:30

RPM™
09:30-10:15

SH'BAM™
10:10-10:55

BODYVIVE™
11:10-11:55

BODYJAM™
12:10-12:55

CXWORX™ TECHNIQUE WORKSHOP
13:15-13:45

CXWORX™
13:50-14:20

CYCLE SERIES (RPM™ & SPRINT) TECHNIQUE WORKSHOP
11:00-11:30

RPM™
11:45-12:30

SPRINT
12:45-13:15

CYCLE SERIES (RPM™ & SPRINT) TECHNIQUE WORKSHOP
13:45-14:15

RPM™
14:30-15:15

SPRINT
15:30-16:00