

LEARNING ROOM

BIG HALL

MAIN ROOM

CYCLE

**INSTRUCTOR DEVELOPMENT  
EDUCATION WORKSHOP**  
09:15-10:00

**BODYJAM™ EDUCATION  
WORKSHOP**  
10:20-10:50

**POWER OF LAUNCHES  
EDUCATION WORKSHOP**  
11:00-11:30

**MAXIMISING YOUR TIMETABLE  
EDUCATION WORKSHOP**  
12:00-12:30

**GRIT™ SERIES TECHNIQUE  
WORKSHOP**  
13:00-13:30

**SH'BAM™ TECHNIQUE  
WORKSHOP**  
14:20-14:50

**BODYVIVE™ TECHNIQUE  
WORKSHOP**  
15:20-15:50

**BODYSTEP™ TECHNIQUE  
WORKSHOP**  
15:55-16:25

**CXWORX™ TECHNIQUE  
WORKSHOP**  
16:30-17:00

**LES MILLS GRIT™ CARDIO**

08:45-09:15  
Anthony Oxford

**BODYBALANCE™**

09:30-10:25  
Daniel Choucri / Bram Halim

**BODYBALANCE™ TECHNIQUE  
WORKSHOP**  
10:30-11:00  
Daniel Choucri

**BODYJAM™**

11:15-12:00  
Shey Shehovich

**INSTRUCTOR DEVELOPMENT  
EDUCATION WORKSHOP**

12:15-13:00

**SH'BAM™**

13:10-14:05  
Shey Shehovich

**BODYATTACK™ TECHNIQUE  
WORKSHOP**  
14:20-14:50  
Claire Place

**BODYATTACK™**

14:55-15:50  
Claire Place

**BODYCOMBAT™ TECHNIQUE  
WORKSHOP**  
16:05-16:35  
Daniel Choucri

**BODYCOMBAT™**  
16:40-17:35  
Daniel Choucri

**BODYPUMP™**

08:20-09:15  
Daniel Queeley

**BODYPUMP™ TECHNIQUE  
WORKSHOP**  
09:25-09:55  
Daniel Queeley

**BODYPUMP™**

10:10-11:05  
Claire Place

**BODYPUMP™ TECHNIQUE  
WORKSHOP**  
11:15-11:45  
Claire Place

**BODYPUMP™**

12:00-12:55  
Daniel Queeley

**BODYPUMP™ TECHNIQUE  
WORKSHOP**  
13:00-13:30  
Daniel Queeley

**LES MILLS GRIT™ SERIES  
(PLYO & STRENGTH)**  
13:50-14:20  
Anthony Oxford

**BODYSTEP™**

14:45-15:40  
Ross Harmon

**BODYVIVE™**

16:10-16:55  
Bram Halim

**CXWORX™**

17:10-17:40  
Bryony Ross

**RPM™**

10:00-10:45  
Dave Parkin

**LES MILLS SPRINT™**

11:00-11:30  
Lee Smith

**CYCLE SERIES (RPM™ & SPRINT)  
TECHNIQUE WORKSHOP**

11:45-12:15  
Bryony Ross

**RPM™**

12:30-13:15  
Bryony Ross

**CYCLE SERIES (RPM™ & SPRINT)  
TECHNIQUE WORKSHOP**

13:45-14:15  
Dave Parkin

**LES MILLS SPRINT™**

14:30-15:00  
Lee Smith

**RPM™**

15:15-16:00  
Dave Parkin