

17TH NOVEMBER

PURE GYM - LONDON ALDGATE

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

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

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT.

TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL NOVEMBER/DECEMBER 2017 EVENTS WILL BE UNDER "Q4 QW" FOLLOWED BY THE DATE AND LOCATION.

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NOVEMBER 2017 EVENT PLANNER

18TH NOVEMBER

DAVID LLOYD IPSWICH THE HAVENS IPSWICH, NORFOLK IP3 9SJ		
12:20-13:50	BODYATTACK™	STUDIO 1
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	SH'BAM™	STUDIO 2
15:40-17:10	BODYPUMP™	STUDIO 1
15:40-17:10	BODYBALANCE™	STUDIO 2
15:40-17:10	RPM™	CYCLE STUDIO
17:20-18:50	BODYCOMBAT™	STUDIO 1
17:20-18:50	CXWORX™ *	STUDIO 2

SEFTON BOROUGH COUNCIL - CROSBY LAKESIDE ADVENTURE CENTRE CAMBRIDGE RD LIVERPOOL, MERSEYSIDE L22 1RR		
10:00-11:30	BODYBALANCE™ *	STUDIO 1
10:00-11:30	RPM™	CYCLE STUDIO
11:35-13:05	BODYCOMBAT™	STUDIO 1
11:35-13:05	SPRINT	CYCLE STUDIO
13:10-14:40	BODYPUMP™	STUDIO 1
14:45-15:15	BODYATTACK™	STUDIO 1
15:20-16:50	CXWORX™ *	STUDIO 1
17:00-18:30	GRIT™ SERIES (Strength)	STUDIO 1

BANNATYNE FITNESS LTD INVERNESS INSHES RETAIL PARK INVERNESS, IV2 3TW		
09:00-10:30	BODYATTACK™	STUDIO 1
10:40-12:10	BODYBALANCE™ *	STUDIO 1
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	CXWORX™ *	STUDIO 1
15:40-17:10	BODYCOMBAT™	STUDIO 1

ACTIVE NORTHUMBERLAND - CONCORDIA LEISURE CENTRE ACTIVE NORTHUMBERLAND - CONCORDIA LEISURE CENTRE		
09:00-10:30	BODYBALANCE™ *	STUDIO 2
10:40-12:10	BODYPUMP™	STUDIO 2
12:20-13:50	BODYATTACK™	STUDIO 2
14:00-15:30	BODYCOMBAT™	STUDIO 1

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19TH NOVEMBER

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

10:30-12:00	BODYBALANCE™ *	STUDIO 2
12:10-13:40	SPRINT	CYCLE STUDIO
13:50-15:20	BODYPUMP™	STUDIO 1
13:50-15:20	RPM™	CYCLE STUDIO
15:30-17:00	BODYATTACK™	STUDIO 1

DAVID LLOYD CARDIFF

IPSWICH ROAD CARDIFF, CF23 7AQ

12:10-13:40	GRIT™ SERIES (Strength)	STUDIO 1
12:10-13:40	BODYATTACK™	STUDIO 2
12:10-13:40	RPM™	CYCLE STUDIO
13:50-15:20	BODYCOMBAT™	STUDIO 1
13:50-15:20	BODYSTEP™	STUDIO 2
13:50-15:20	RPM™	CYCLE STUDIO
15:30-17:00	BODYPUMP™	STUDIO 1
15:30-17:00	BODYBALANCE™ *	STUDIO 2
17:10-18:25	CXWORX™ *	STUDIO 1

UNIVERSITY OF EXETER - UNIVERSITY OF EXETER SPORTS PARK

RUSSELL SEAL FITNESS CENTRE, STOCKER ROAD EXETER, DEVON

08:20-09:50	BODYATTACK™	STUDIO 1
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	BODYBALANCE™ *	STUDIO 2
15:00-16:30	BODYBALANCE™ *	STUDIO 1

BANNATYNE FITNESS LTD LOWESTOFT

PETO WAY, LOWESTOFT, NR32 2ED

10:40-12:10	BODYPUMP™	STUDIO 1
10:40-12:10	BODYBALANCE™ *	STUDIO 2
12:20-13:50	BODYSTEP™	STUDIO 1
12:20-13:50	BODYATTACK™	STUDIO 2
14:00-15:30	BODYCOMBAT™	STUDIO 1
15:40-17:10	BODYPUMP™	STUDIO 1
15:40-17:10	RPM™	CYCLE STUDIO
17:20-18:35	CXWORX™ *	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	BODYCOMBAT™	STUDIO 1
13:00-14:30	SH'BAM™	STUDIO 2
14:40-16:10	BODYPUMP™	STUDIO 1
14:40-16:10	BODYJAM™	STUDIO 2
16:20-17:50	BODYSTEP™	STUDIO 1
16:20-17:50	CXWORX™ *	STUDIO 2

EDINBURGH LEISURE - LEITH VICTORIA SWIM CENTRE

JUNCTION PLACE EDINBURGH, EH6 5JA

10:40-12:10	RPM™	CYCLE STUDIO
12:20-13:50	BODYJAM™	STUDIO 2
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	SH'BAM™	STUDIO 2
15:40-17:10	CXWORX™ *	STUDIO 1
17:20-18:50	GRIT™ SERIES (Strength)	STUDIO 1

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

DAVID LLOYD BRISTOL LONG ASHTON

ASHTON ROAD BRISTOL, AVON BS3 2HB

10:50-12:20	BODYCOMBAT™	STUDIO 1
12:30-14:00	BODYPUMP™	STUDIO 1
12:30-14:00	BODYVIVE™ *	STUDIO 2
12:30-14:00	SPRINT	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	BODYBALANCE™ *	STUDIO 2
15:50-17:20	GRIT™ SERIES (Strength)	STUDIO 1
15:50-17:20	RPM™	CYCLE STUDIO

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT .

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NOVEMBER 2017 EVENT PLANNER

25TH NOVEMBER

HOLYWELL FITNESS CENTRE LOUGHBOROUGH UNIVERSITY, ASHBY ROAD (WEST ENTRANCE) , LEICESTERSHIRE LE11 3GR			NUFFIELD HEALTH GIFFNOCK BRAIDHOLM RD GLASGOW, G46 6EB		
09:00-10:30	GRIT™ SERIES (Strength)	STUDIO 2	10:50-12:20	RPM™	CYCLE STUDIO
10:40-12:10	BODYBALANCE™ *	STUDIO 1	12:30-14:00	BODYPUMP™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 2	12:30-14:00	BODYJAM™	STUDIO 2
12:20-13:50	BODYVIVE™ *	STUDIO 1	14:10-15:40	GRIT™ SERIES (Strength)	STUDIO 1
12:20-13:50	BODYCOMBAT™	STUDIO 2	14:10-15:40	BODYBALANCE™ *	STUDIO 2
14:00-15:30	SH'BAM™	STUDIO 1	15:50-17:20	SH'BAM™	STUDIO 1
14:00-15:30	BODYPUMP™	STUDIO 2	15:50-17:20	BODYVIVE™ *	STUDIO 2
15:40-17:10	BODYATTACK™	STUDIO 1	DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON, SW20 8TE		
15:40-17:10	CXWORX™ *	STUDIO 2	12:10-13:40	BODYSTEP™	STUDIO 1
DAVID LLOYD BELFAST 115 OLD DUNDONALD RD BELFAST, BT16 1DL			13:50-15:20	BODYPUMP™	STUDIO 1
08:00-09:30	BODYPUMP™	HIGH ENGERGY STUDIO	13:50-15:20	BODYBALANCE™ *	STUDIO 2
08:00-09:30	BODYATTACK™	HOLISTIC STUDIO	15:30-17:00	CXWORX™ *	STUDIO 1
11:40-13:10	GRIT™ SERIES (Strength)	HIGH ENGERGY STUDIO	15:30-17:00	BODYCOMBAT™	STUDIO 2
11:40-13:10	RPM™	CYCLE STUDIO	17:10-18:40	BODYPUMP™	STUDIO 1
13:20-14:50	BODYCOMBAT™	HIGH ENGERGY STUDIO	GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE SWINDON, WILTSHIRE SN2 1EP		
15:00-16:30	BODYPUMP™	HIGH ENGERGY STUDIO	09:00-10:30	GRIT™ SERIES (Strength)	STUDIO 1
15:00-16:30	BODYBALANCE™ *	HOLISTIC STUDIO	09:00-10:30	RPM™	CYCLE STUDIO
16:40-18:10	CXWORX™ *	HIGH ENGERGY STUDIO	10:40-12:10	BODYPUMP™	STUDIO 1
EMPIRE GYM AND STUDIOS REGENT STREET NUNEATON, WARWICKSHIRE CV11 4BL			10:40-12:10	BODYBALANCE™ *	STUDIO 2
10:00-11:30	BODYBALANCE™ *	STUDIO 4	12:20-13:50	BODYCOMBAT™	STUDIO 1
11:40-13:10	BODYPUMP™	STUDIO 1	12:20-13:50	BODYBALANCE™ *	STUDIO 2
13:20-14:50	GRIT™ SERIES (Strength)	STUDIO 1	14:00-15:30	BODYPUMP™	STUDIO 1
13:20-14:50	CXWORX™ *	STUDIO 2	14:00-15:30	BODYJAM™	STUDIO 2
15:00-16:30	BODYCOMBAT™	STUDIO 1	15:40-17:10	BODYATTACK™	STUDIO 1
EVERYONE ACTIVE - FAREHAM LEISURE CENTRE PARK LANE FAREHAM, PO16 7JU			DAVID LLOYD POOLE CABOT LANE, DORSET, BH17 7BX		
12:40-14:10	BODYPUMP™	STUDIO 1	09:30-11:00	BODYATTACK™	STUDIO 2
12:40-14:10	BODYATTACK™	STUDIO 2	11:10-12:40	RPM™	CYCLE STUDIO
14:20-15:50	GRIT™ SERIES (Strength)	STUDIO 1	12:50-14:20	BODYCOMBAT™	STUDIO 1
14:20-15:50	CXWORX™ *	STUDIO 2	14:30-16:00	BODYPUMP™	STUDIO 1
16:00-17:30	BODYBALANCE™ *	STUDIO 1	14:30-16:00	BODYBALANCE™ *	STUDIO 2
16:00-17:30	RPM™	CYCLE STUDIO			

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NOVEMBER 2017 EVENT PLANNER

26TH NOVEMBER

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

11:20-12:50	SPRINT	CYCLE STUDIO
13:00-14:30	GRIT™ SERIES (Strength)	STUDIO 1
13:00-14:30	RPM™	CYCLE STUDIO
14:40-16:10	BODYPUMP™	STUDIO 1
16:20-17:50	BODYBALANCE™ *	STUDIO 1

EVERYONE ACTIVE - FAREHAM LEISURE CENTRE PARK LANE FAREHAM, PO16 7JU

11:50-13:20	BODYPUMP™	STUDIO 1
11:50-13:20	BODYJAM™	STUDIO 2
13:30-15:00	BODYCOMBAT™	STUDIO 1
13:30-15:00	BODYATTACK™	STUDIO 2
15:10-16:40	BODYSTEP™	STUDIO 1
15:10-16:40	SH'BAM™	STUDIO 2

BH LIVE - QUEENS PARK LEISURE CENTRE 51 QUEENS PARK SOUTH DR BOURNEMOUTH, DORSET BH8 9BJ

12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	CXWORX™ *	STUDIO 1
15:30-17:00	GRIT™ SERIES (Strength)	STUDIO 1

WESTWOOD HEALTH & FITNESS CLONTARF CLONTARF ROAD, CO. DUBLIN DUBLIN 3

08:20-09:50	BODYATTACK™	LME STUDIO
08:20-09:50	BODYBALANCE™ *	GRAVITY STUDIO
10:00-11:30	BODYBALANCE™ *	GRAVITY STUDIO
10:00-11:30	GRIT™ SERIES (Strength)	BOX FIT STUDIO
11:40-13:10	BODYCOMBAT™	BOX FIT STUDIO
11:40-13:10	RPM™	CYCLE STUDIO
13:20-14:50	BODYPUMP™	LME STUDIO
13:20-14:50	SH'BAM™	GRAVITY STUDIO
15:00-16:30	CXWORX™ *	LME STUDIO
15:00-16:30	BODYBALANCE™ *	GRAVITY STUDIO
15:00-16:30	SPRINT	CYCLE STUDIO

DAVID LLOYD RAYNES PARK BUSHEY ROAD LONDON, SW20 8TE

12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	GRIT™ SERIES (Strength)	STUDIO 1
13:50-15:20	BODYATTACK™	STUDIO 2
15:30-17:00	BODYPUMP™	STUDIO 1
15:30-17:00	BODYCOMBAT™	STUDIO 2

NUFFIELD HEALTH CAMBRIDGE 213 CROMWELL ROAD CAMBRIDGE, CB1 3BA

11:30-13:00	RPM™	CYCLE STUDIO
13:10-14:40	BODYPUMP™	STUDIO 1
14:50-16:20	BODYATTACK™	STUDIO 1
14:50-16:20	BODYBALANCE™ *	STUDIO 2
16:30-18:00	BODYCOMBAT™	STUDIO 1

GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE SWINDON, WILTSHIRE SN2 1EP

09:00-10:30	BODYBALANCE™ *	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
10:40-12:10	BODYBALANCE™ *	STUDIO 2
10:40-12:10	RPM™	CYCLE STUDIO
12:20-13:50	BODYPUMP™	STUDIO 1
12:20-13:50	BODYVIVE™ *	STUDIO 2
14:00-15:30	BODYSTEP™	STUDIO 1
14:00-15:30	CXWORX™ *	STUDIO 2

ASHFORD LEISURE TRUST - STOUR LEISURE CENTRE ASHFORD, KENT TN23 1ET

08:40-10:10	BODYPUMP™	STUDIO 1
10:20-11:50	BODYCOMBAT™	STUDIO 1
12:00-13:30	RPM™	CYCLE STUDIO
12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYBALANCE™ *	STUDIO 1
15:20-16:50	BODYATTACK™	STUDIO 1

NUFFIELD HEALTH DEVONSHIRE PLYMBRIDGE LANE DERRIFORD, PLYMOUTH PL6 8BD

08:20-09:50	BODYCOMBAT™	STUDIO 1
08:20-09:50	BODYBALANCE™ *	STUDIO 2
10:00-11:30	BODYSTEP™	STUDIO 1
10:00-11:30	SPRINT	CYCLE STUDIO
11:40-13:10	BODYPUMP™	STUDIO 1
11:40-13:10	BODYVIVE™ *	STUDIO 2
11:40-13:10	RPM™	CYCLE STUDIO
13:20-14:50	GRIT™ SERIES (Strength)	STUDIO 1
13:20-14:50	BODYBALANCE™ *	STUDIO 2
15:00-16:30	BODYPUMP™	STUDIO 1
15:00-16:30	BODYJAM™	STUDIO 2
16:40-18:10	BODYATTACK™	STUDIO 1
16:40-18:10	CXWORX™	STUDIO 2

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DECEMBER 2017 EVENT PLANNER

LES MILLS
QUARTERLY WORKSHOP

2ND DECEMBER

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD STH , BIRMINGHAM B14 6ER			SERCO LEISURE SHREWSBURY SPORTS VILLAGE SUNDORNE ROAD SHREWSBURY, SHROPSHIRE SY1 4RQ		
13:00-14:30	BODYPUMP™	STUDIO 1	09:20-10:50	BODYPUMP™	STUDIO 1
13:00-14:30	BODYBALANCE™ *	STUDIO 2	11:00-12:30	BODYATTACK™	STUDIO 1
14:40-16:10	BODYCOMBAT™	STUDIO 2	12:40-14:10	BODYBALANCE™ *	STUDIO 1
16:20-17:50	BODYATTACK™	STUDIO 2	14:20-15:50	SH'BAM™	STUDIO 1
LEISURE & CULTURE DUNDEE- OLYMPIA LC EAST WHALE LANE DUNDEE, SCOTLAND DD1 3JU			EMPIRE GYM AND STUDIOS REGENT STREET NUNEATON, WARWICKSHIRE CV11 4BL		
09:20-10:50	BODYATTACK™	STUDIO 1	10:00-11:30	BODYVIVE™ *	STUDIO 4
11:00-12:30	BODYCOMBAT™	STUDIO 1	11:40-13:10	BODYATTACK™	STUDIO 1
12:40-14:10	BODYPUMP™	STUDIO 1	11:40-13:10	BODYBALANCE™ *	STUDIO 4
14:20-15:50	BODYBALANCE™ *	STUDIO 1	13:20-14:50	BODYPUMP™	STUDIO 1
VILLAGE HOTELS & LEISURE LTD - EDINBURGH CREWE ROAD SOUTH, EDINBURGH EH4 2NY			15:00-16:30	GRIT™ SERIES (Strength)	STUDIO 1
11:20-12:50	BODYCOMBAT™	STUDIO 1	15:00-16:30	RPM™	CYCLE STUDIO
13:00-14:30	BODYPUMP™	STUDIO 1	NUFFIELD HEALTH DEVONSHIRE PLYMBRIDGE LANE DERRIFORD, PLYMOUTH PL6 8BD		
13:00-14:30	BODYBALANCE™ *	STUDIO 2	12:30-14:00	SH'BAM™	STUDIO 1
14:40-16:10	BODYSTEP™	STUDIO 1			
16:20-17:50	BODYPUMP™	STUDIO 1			

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3RD DECEMBER

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

10:00-11:30	BODYVIVE™ *	STUDIO 2
11:40-13:10	BODYBALANCE™ *	STUDIO 1
13:20-14:50	BODYPUMP™	STUDIO 1
13:20-14:50	SPRINT	CYCLE STUDIO
15:00-16:30	BODYCOMBAT™	STUDIO 1
15:00-16:30	RPM™	CYCLE STUDIO

DAVID LLOYD ABERDEEN GARTHDEE RD ABERDEEN, AB10 7AY

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

1LIFE - WUGHTON LEISURE CENTRE RAINBOW DRIVE, CHAFFRON WAY, LEADENHALL MILTON KEYNES, MK6 5EJ

10:30-12:00	BODYSTEP™	HIIT Studio
10:30-12:00	BODYVIVE™ *	MIND & BODY Studio
10:30-12:00	BODYPUMP™	MAIN Studio
12:10-13:40	GRIT™ SERIES (Strength)	HIIT Studio
12:10-13:40	SH'BAM™	MIND & BODY Studio
12:10-13:40	BODYCOMBAT™	MAIN Studio
13:50-15:20	BODYJAM™	HIIT Studio
13:50-15:20	BODYBALANCE™ *	MAIN Studio
13:50-15:20	SPRINT	CYCLE STUDIO
15:30-17:00	CXWORX™ *	HIIT Studio
15:30-17:00	BODYATTACK™	MAIN Studio
15:30-17:00	RPM™	CYCLE STUDIO

EDINBURGH LEISURE - LEITH VICTORIA SWIM CENTRE JUNCTION PLACE EDINBURGH, EH6 5JA

13:10-14:40	BODYPUMP™	STUDIO 1
13:10-14:40	BODYBALANCE™ *	STUDIO 2
14:50-16:20	BODYCOMBAT™	STUDIO 1
16:30-18:00	BODYATTACK™	STUDIO 1

DAVID LLOYD BRISTOL LONG ASHTON ASHTON ROAD BRISTOL, AVON BS3 2HB

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

DAVID LLOYD DERBY RIVERSIDE ROAD, PRIDE PARK DERBY, DERBYSHIRE DE24 8HY

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

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

12:10-13:40	BODYBALANCE™ *	STUDIO 2
12:10-13:40	RPM™	CYCLE STUDIO
13:50-15:20	GRIT™ SERIES (Strength)	STUDIO 1
15:30-17:00	BODYPUMP™	STUDIO 1

GLASGOW LIFE - KELVIN HALL ISA 1431 - 1451 ARGYLE STREET GLASGOW, G3 8AW

09:00-10:30	BODYBALANCE™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
12:20-13:50	BODYATTACK™	STUDIO 1
14:00-15:30	BODYCOMBAT™	STUDIO 1
15:40-17:10	BODYSTEP™	STUDIO 1
15:40-17:10	CXWORX™ *	STUDIO 2

* FOR CXWORX™, BODYVIVE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND AND/OR MAT.

TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL NOVEMBER/DECEMBER 2017 EVENTS WILL BE UNDER "Q4 QW" FOLLOWED BY THE DATE AND LOCATION.

PLEASE NOTE BASED ON OUR T&CS NO REFUNDS AND/OR TRANSFERS ARE AVAILABLE ON QUARTERLY WORKSHOP BOOKINGS UNLESS FOR MEDICAL REASONS. ALL QUARTERLY WORKSHOP DETAILS ARE CORRECT AT THE TIME OF PUBLICATION BUT ARE SUBJECT TO CHANGE.