

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
15:40-16:10

BODYCOMBAT™
09:30-10:25
Steve

BODYCOMBAT™ TECHNIQUE WORKSHOP
10:30-11:00
Steve

LES MILLS GRIT™ CARDIO
11:15-11:45
Denice

INSTRUCTOR DEVELOPMENT EDUCATION WORKSHOP
12:00-12:45

BODYATTACK™
13:00-13:55
Siobhan

BODYATTACK™ TECHNIQUE WORKSHOP
14:00-14:30
Siobhan

BODYBALANCE™ TECHNIQUE WORKSHOP
14:45-15:15
Rhian

BODYBALANCE™
15:20-16:15
Rhian

BODYPUMP™
08:20-09:15
Hazel

BODYPUMP™ TECHNIQUE WORKSHOP
09:25-09:55
Hazel

BODYPUMP™
10:10-11:05
Shaun

BODYPUMP™ TECHNIQUE WORKSHOP
11:15-11:45
Shaun

BODYPUMP™
12:00-12:55
Hazel

BODYPUMP™ TECHNIQUE WORKSHOP
13:00-13:30
Hazel

BODYPUMP™
13:45-14:40
Shaun

LES MILLS GRIT™ SERIES (PLYO & STRENGTH)
15:00-15:30
Steve

BODYSTEP™
15:55-16:50
Siobhan

RPM™
09:30-10:15
Nasreen

SH'BAM™
10:10-10:55
Shey

BODYVIVE™
11:10-11:55
Rhian

BODYJAM™
12:10-12:55
Shey

CXWORX™ TECHNIQUE WORKSHOP
13:15-13:45
Denice

CXWORX™
13:50-14:20
Denice

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

RPM™
11:45-12:30
Nathan

SPRINT
12:45-13:15
Natalie

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

RPM™
14:30-15:15
Nathan

SPRINT
15:30-16:00
Natalie