

FitCamps28 Timetable Ribby Hall 9th-11th November 2018

Sign up into your favourite equipment sessions to reserve your place when you register. Please note the timetable can change due to circumstances beyond our control. This is the first draft timetable. Follow the timetable given to you when you arrive at Registration. Changes can occur for the venue, or a presenter suddenly being taken ill.

Please note Eric Franklin's pre convention training workshop and Fascia Friday sessions are at an extra cost (see the booking links in your arrival letter or www.fitcamps.com).

FRIDAY

FRI	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4	Studio 2	Squash Court 1 By Reception	Harrison's Bar	FRI
	Sign up to ensure your session space in Aqua equipment sessions at your preferred time at their fitness stands	We have limited mats feel free to bring your own mat.	Sign up to ensure your session space in equipment sessions at your preferred time at the fitness stands	Please note there are 60 steps, it is first come first served. Or bring your own step!	Sign up to ensure your session space in a Vibe cycle session at your preferred time on the Vibe stand.	Eric Franklin – Pre-convention Workshop (£99 extra cost) 9.30am ends at 12.30pm. Fascia Targeted Franklin Method™ Exercises for releasing tension and enhancing flexibility in lumbar, spine and pelvis.	Sign up to ensure your session space in equipment sessions at your preferred time at the fitness stands	Sign up to ensure your session space in equipment sessions at your preferred time at the fitness stands	Aqua Float Concepts Instructor Training with Sunny Singh. Unique training for the core on floating boards. Registration 9am and theory to book 07957 789265	
10.00 ↓ 10.50	Aqua Float Concepts Instructor training with Sunny Singh. Unique training for the core on floating boards. Registration and theory to book 07957 789265	PADFIT - Totally Shredded by Dean Heitman - Start the weekend and release stress as you sweat in Partner Boxing to RnB House music that will leave your mind and body refresh-ed, ready for the weekend.	Barre Beats – Naomi Di Fabio, creator of VeraFlow brings you a ballet and pilates based body conditioning experience to a pumping playlist. (Instructor training on Sunday - book direct)	Cross Cardio - The latest craze from Europe. A mix of metabolic, gymnastic and weightlifting exercises that anyone can do to guarantee results - Jairo Junior	Vibe Cycle is bringing you indoor cycling sessions to motivate, inspire and burn the calories. Vibe®	Eric Franklin – Pre-convention Workshop (£99 extra cost) 9.30am ends at 12.30pm. Fascia Targeted Franklin Method™ Exercises for releasing tension and enhancing flexibility in lumbar, spine and pelvis.	MeggaBall – The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.	MK SP-Arc – A challenging Pilates session that will improve your balance, core and flexibility using the SP-Arc with Helen Pybus	What is Fascia? – Gary Carter introduces you to this amazing world of fascia and movement. This is a Fascia Friday session. (Tickets only)	10.00 ↓ 10.50
11.00 ↓ 11.50	AquaFloat course	Body Restore a Fascia Fit TPP session - Unwind, ease that body as Trigger Point Pilates brings you a great fascia workout from balls to vibrations for a fantastic body work with the creator Lydia Campbell. A Fascia Friday session open to all.	Strong by Zumba – Syreeta Stracey. Experience the joy of Zumba and the strength.	Step High Welcome – Raise the roof in this fab opening step session with Scott Miller	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team. Book at the court.	Eric Franklin – Pre-convention Workshop (£99 extra cost) 9.30am ends at 12.30pm. Registration at 9am.	MeggaBall – The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	Brain Move Reset Time! – Discover how to enhance the flexibility to changing movement patterns, with the author and Movement Man – Stephen Braybrook. Fascia Friday session. (Tickets only).	11.00 ↓ 11.50
12.00 ↓ 12.50	AquaFloat course	POUND, Sweat, Sculpt and Rock - The infectious, energising fun of drumming! A full body cardio jam session. Jessica McKee	SASA Functional Power Fusion - A mega mix of Pilates, dynamic Yoga and functional strength. Don't miss this master trainer from Italy Sasa Salvatore	Step Sensation - Let the steps build as the songs lead you through a sensational session. Rachel Tunstall	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team. Book at the court.	Eric Franklin – Pre-convention Workshop (£99 extra cost) 9.30am ends at 12.30pm. Registration at 9am.	Pilates on the Ball with Vikki Gamblen. Join in this upbeat pilates session using the ball for core strength and flexibility.	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	Time to throw the Anatomy Book out of the window – Gary Carter will completely change your mind about muscles! Fascia Friday session. (Tickets only)	12.00 ↓ 12.50
13.00 ↓ 13.50	AquaFloat course	Divanomics - An easy to follow dance class with simple choreography. Super sassy songs that will unleash your inner diva. Zoe McNulty	XENA Warrior Power Mats - Dominique Parlatt takes you through a strong, powerful mat work conditioning class that will leave you energised.	HIIT Step Paradise - The HIIT step team brings you a step and conditioning session using body weight to great, easy-to-follow step routines.	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team. Book at the court.	How old is your spine? – Nisha Srivastava of Yoga Anatomy takes you on a fascia journey of the spine and how posture is affected by fascia conditioning. (Tickets only)	JAGUA - Jungle Body toning class that rocks you out as you experience a mix of core training, Ballet, Pilates to body sculpting with Amy Bobbins	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	Fascia and Pain – Lydia Campbell of Trigger Point Pilates gives you the low down to chronic pain and how myofascia bodywork can help the nervous system and the body heal. Yet how movement can also cause damage. Fascia Friday session. (Tickets only)	13.00 ↓ 13.50
14.00 ↓ 14.50	AquaFloat - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions) to ensure your place sign up at registration on stand.	Sava Flow Pilates - Join in a mat work pilates class full of dance, lines and stretch. Opening up the body and strengthening the core. Sava Assenov. Fascia Friday session — open to all.	FITSTEPS - Feel the ballroom in this total body choreographed workout combining grace and agility in a dance moves megamix with Kim Brocklehurst.	Power Duo Step - Don't miss this stylised step session from this amazing duo – Sasa Salvatore and Kris Mrozek	Vibe® King of the Road - Delvin Clarke and the Vibe Cycle team.	Happy Feet The Franklin Method – Discover how to change your posture with Mind-Bodyguru Eric Franklin. He takes you on a 'Happy Feet' session using the Franklin balls. To create a dynamic training base for effortless posture! Fascia Friday session. (Tickets only)	Sliding Pilates - Helen Pybus brings you a dynamic pilates session using gliders to enhance flexibility to core strength.	Pulseball for Sport - Experience the massaging effect on fascia for any sport activity. A great release for tired muscles and joints. Jonathan Ferryman	The Truth About the Core! Can it work if you have inflammation – Nisha Srivastava of Yoga Anatomy takes you on a fascia core journey. It is time to think about the gut. Fascia Friday session. (Tickets only)	14.00 ↓ 14.50
15.00 ↓ 15.50	AquaFloat - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	Funk Diva's - Anastasia Alexandridi from Greece brings you a funk megamix of dance, that's easy to follow and brings the Diva out of you.	VIBeatz - Lisa B one of FitCamps Golden presenters is back bringing you a mega mix flow class of Dance, HIIT, Core and Yoga.	STRONG NOT SKINNY – A weight workout created by Kevin Foster-Wiltshire and Lisa Wellham for Love Island winner Amber Davies. A fun effective body session that will torch fat !	Vibe® Imagery - Delvin Clarke and Vibe Cycle team.	Chakranetics™ A fantastic mind body movement session with author and confidence coach Astrid Longhurst is a powerful blend of energy medicine, positive psychology and conscious movement. Fascia Friday session. (Tickets only)	MeggaBall-The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.	Good Vibrations – Pulseroll vibrating class to totally release your body. Fiona Abbott	Mindful Movement for Yoga and Pilates – with the Movement Man, Stephen Braybrook. Fascia Friday session. (Tickets only)	15.00 ↓ 15.50

16.00 ↓ 16.50	Aqua Balance - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	HIIT House - Totally Shredded by Dean Heitman - HIIT workout that will leave you wanting House music all weekend.	FunkFit- JP Omari takes you on a fantastic Motown journey to fill you with Funky vibes.	Step My Way – Let's get back to basics with a fun step class designed to keep you moving and not losing! Steve Watson	Vibe® Power Ride - Vibe Cycle.	Fascia Rolling the Franklin Method - Using the Fascia roller, step away from the hard intense foam rolling and experience a session with Eric Franklin using his Fascia roll. (Equipment for sale on the day). Fascia Friday session. (Tickets only)	MeggaBall -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.	Positive Vibes – A fab Pulseroll / ball vibrating class to totally release your body from this amazing day with Helen Pybus	16.00 ↓ 16.50	
17.00 ↓ 17.50	AQUAdance HITS With Vikki Gamblan takes you on music journey in the pool, using the power and rhythm of water.	Clubbercise - A high energy dance fitness class in the dark with glow sticks and disco lights.- TBC	BlockFit - Chico's team is back with the four-in-one workout that has created a storm in health clubs. A fab mega mix fusion of Combat, Dance, HIIT and Yoga. (instructor training on Sunday book direct)	STEP FRESH – Keith Coleman IFS presenter of the year brings you an easy-to-follow freestyle step choreographed session.	Vibe® Advanced Transitions - Vibe Cycle.	Trigger Point Pilates Glide and Flow – A session that will leave you feeling lengthened and relaxed. TPP bodywork focusing on unwinding tight and tired muscles, and massaging the fascia – with Lydia Campbell	VeraFlow - The dance-based stretch class to re-align and release tight muscles leaving you stretched out and relaxed with creator Naomi Di Fabio	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	17.00 ↓ 17.50	
18.00 ↓ 18.50		BhangraCise Dance workout - Let's party, shake and sweat through a trip in India with traditional dance moves to funky modern Bhangra music. Sunny Singh	ChartFit® - Experience a fun dance based workout, using mainstream chart music for a great motivating vibe. - Rachel Tunstall	Cross Cardio – The latest craze from Europe. A mix of metabolic, gymnastic and weightlifting exercises that anyone can do to guarantee results – Jairo Junior	Vibe® King of the Road - Vibe Cycle.	XPERT Aerial Silks - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. XPERT Team 30 minute sessions to 8pm .	ViBeatz - Lisa B one of FitCamps Golden presenters is back bringing you a mega mix flow class of Dance, HIIT, Core and Yoga.	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	18.00 ↓ 18.50	
19.00 ↓ 19.50			Chakranetics™ A fantastic mind body movement session with author and confidence coach Astrid Longhurst . A powerful blend of energy medicine, positive psychology and conscious movement.	Cross Cardio Workshop . Discover this latest fantastic training concept no crazy choreography, great for fat burning created by Jario Junior . Book with Jario - 'Training Workshops' page	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team Book at the court.	XPERT Aerial Hoop - Fitness in the air. Experience the fundamentals of aerial hoop, in a safe, fun and great core workout. XPERT Team	ViBeatz - Instructor training starts at 1.30pm and ends at 8pm. Book direct with Lisa B on Fitcamps.com 'Training Workshops' page.		19.00 ↓ 19.50	
FRI	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4	Studio 2	Squash Court 1 By Reception	Harrison's Bar	FRI

SATURDAY

SAT	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4	Studio 2	Squash Court 1 By Reception	Harrison's Bar	SAT
08.15 ↓ 09.15	Aqua Float - Unique training for the core on floating boards. Sunny Singh and team 30 minute session	Kettlercise Combat - MX with Anoushka Moore . A high energy blend of kettlebell exercises and combat martial arts moves.	Urban Pilates – wake up with Carroll Locke . Start the day with a rhythmic and strong pilates session.	HIIT Step Paradise- The HIIT Step Team brings you a step and conditioning session using body weight to great, easy-to-follow step routines.	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team book at the court	XPERT Aerial Silks - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. XPERT Team	MeggaBall - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.			08.15 ↓ 09.15
09.15 ↓ 10.00	Aqua Float - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	FitFam - Join Katie and Kevin in a full body conditioning class with a mega focus on abs leaving you sweaty and smiling.	Barre Strength – Jay Banks brings you his new training concept. A ballet inspired workout, combining pilates, stretch, ballet, resistance using one's body weight and bands!	Step Rhythm – A fab step session full of motivating sounds and moves with Scott Miller	Vibe® Power Ride - Vibe Cycle	XPERT Aerial Hoop - Fitness in the air. Experience the fundamentals of aerial hoop, in a safe, fun and great core workout. XPERT Team	MeggaBall - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires.	BungyPump / Pro X Walker Bart Piotrowicz Walking is the best medicine. Experience an outdoors session for your heart and core.	Sosa Chair - A fusion of moves in the chair for a new get active market. Katy Barrow	09.15 ↓ 10.00
10.15 ↓ 11.00	Aqua Cycling - A great non impact cycling experience. Charlotte Forde	Body Restore a Fascia fit TPP session - Discover fascia bodywork from Lydia Campbell , creator of Trigger Point Pilates. It will ease that chronic nagging pain using TPP balls to the pulseroll vibrations. Kit for sale at reduced prices afterwards.	Cross Cardio - The latest craze from Europe. A mix of metabolic, moves and gymnastic exercises that anyone can do too guarantee results - Jairo Junior	Funk Step - Anastasia Alexandridi new to FitCamps from Greece brings you a funk megamix of dance on step that brings the Diva out of you.	Vibe® Advanced Transitions - Vibe Cycle	KONGA® Jungle Body - an easy to follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats with Amy Bobbins	MK SP-Arc – A challenging Pilates session that will improve your balance, core and flexibility using the SP-Arc with Helen Pybus	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	Sosa Chair - A fusion of moves in the chair for a new get active market. Katy Barrow	10.15 ↓ 11.00
11.15 ↓ 12.00	Aqua Zumba - Zumba in the pool. A fun aqua dance session. Shakell Husain	PADFIT - Totally Shredded by Dean Heitman - Partner boxing to RnB House music that will leave your mind and body refreshed and ready.	Strutology – Zoe McNulty brings you the sassiest dance class around! An empowering session to boost your self-esteem. Bring trainers and heels for this dance class with a twist.	King of Step - Let's get back to basics with a fun step class designed to burn the calories. Steve Watson	Vibe® King of the Road - Vibe Cycle	VeraFlow - The dance-based stretch class to re-align and release tight muscles leaving you stretched out and relaxed with creator Naomi Di Fabio	ViBeatz - Lisa B one of FitCamps Golden presenters is back bringing you a mega mix flow class of Dance, HIIT, Core and Yoga.	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	Fit2Burlesque Chair - Move those curves let's get sexy and fit. Suzie Hopkins	11.15 ↓ 12.00
12.15 ↓ 13.00	Hydro Pole - Become weightless as you strengthen your upper body and core. Loren Clarke (two 30 minute sessions)	Streetsistaz with Nikkie Riozzi and Jo Ali Parry - The girls are bringing Streetsistaz to FitCamps	FITSTEPS EXTREME - Feel the ballroom in this total body choreographed workout combining power and agility in dance moves with Kim Brocklehurst .	HIIT Step Paradise - The HIIT Step Team brings you a step and conditioning session using body weight to great easy-to-follow step routines. HIIT Step Team	Vibe® Imagery - Vibe Cycle	Sava's Barre Body Conditioning - Let your body feel grace and strength in this flowing ballet based workout with fabulous Sava Assenov	Chakranetics™ A fantastic mind body movement session with author and confidence coach Astrid Longhurst . A powerful blend of energy medicine, positive psychology and conscious movement.	BungyPump / Pro X Walker Bart Piotrowicz - Walking is the best medicine. Experience an outdoors session for your heart and core.		12.15 ↓ 13.00
13.00 ↓ 14.00	Aqua Float - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	BlockFit - Chico's team is back with the four-in-one workout that has created a storm in health clubs. A fab mega mix fusion of Combat, Dance, HIIT and Yoga.	IRONMAIDEN – LEGS BUMS 'n' TUMS with Joanna Weintritt . A fun, very strong classic conditioning session.	XENA Warrior Workout - Find the strength within you and attack that body with energy and power. Dominique Parlatt		XPERT Aerial Hoop - Fitness in the air. Experience the fundamentals of aerial hoop, in a safe, fun and great core workout. XPERT Team	Pilates Balance – A great Pilates session combining core strength and balance with Carroll Locke	Pole-lates – Find your core, balance and strength with this fab pilates session from standing to matwork using poles with Helen Pybus		13.00 ↓ 14.00

14.00 ↓ 15.00	Aqua Float - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	FunkFit – JP Omari takes you on a fantastic Motown journey to fill you with Funky vibes.	SASA Functional Power Fusion - A mega mix of Pilates, dynamic Yoga and functional strength. Don't miss this master trainer from Italy Sasa Salvatore	MTV Diva Step - Experience the basic steps of a great routine to MTV sounds! Kris Mrozek	Vibe@ Imagery - Vibe Cycle	XPERT Aerial Silks - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. XPERT Team	MeggaBall -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires .	Pure Stretch with Suzie Hopkins – nothing else but pure stretch. Just let's lengthen ourselves and feel tall and fabulous.	14.00 ↓ 15.00	
15.00 ↓ 15.50	Hydro Jump - A trampette workout in the pool. Shakeel Husain. Deep water training - Jill Briggs (two 30 minute sessions)	Golden Aerobics Hi / Low mix with the fabulous duo Steve Watson and Rachel Tunstall .	Sosa - A fusion of international dance with other styles including Salsa, Latin and Ballroom. Katy Barrow	SAAS Flow Step - Join Sava in a flowing dance sequence and step session full of grace. Sava Assenov	Vibe@ Power Ride - Vibe Cycle	The Little Black Dress workout is back with fabulous Katie Bulmer-Cooke . Join her in this pure body conditioning session.	Pilates on the Ball with Vikki Gamblen . Join in this upbeat pilates session using the ball for core strength and flexibility.	Vibrate Your Balls – a cheeky session of Pulseroll vibrating class to totally release your body with master trainer Helen Pybus	15.00 ↓ 15.50	
16.00 ↓ 16.50	Hydro Fighter - Box and kick like a fighter in a pool workout. Loren Clarke	POUND, Sweat, Sculpt and Rock - The infectious, energising fun of drumming! A full body cardio jam session. Jessica McKee	On Broadway' Dance Fitness 'Hot Honey Rag' - fancy yourself as Roxy Hart or Velma Kelly ? Join Katy Robinson for this fun filled, fast paced charleston routine from the musical Chicago	Keith Coleman Step - IFS presenter of the year brings you a great slick step session where you will dance on and around the step but no Irish jigs.	Vibe@ King of the Road - Vibe Cycle	CHI TIME with Lydia Campbell . Let's Breathe Deep, Massage, Unwind and Relax in a deeply relaxing TPP bodywork and meditative session to end the day.	MeggaBall -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires .	Feel the Pulse - A session that will help your tired muscles and joints using the Pulseroll/ ball with Carroll Locke	16.00 ↓ 16.50	
17.00 ↓ 18.00	Hydro Rider Cycling Party . David Maund	Clubbercise - let's start the party with a high energy dance fitness class in the dark with glow sticks and disco lights. Jo Parry	Barre Strength – Jay Banks brings you his new training concept. A ballet inspired workout, combining Pilates, stretch, ballet, resistance using one's body weight and bands!	Step and Dance Party - Jo Parry Ali is back at FitCamps with a great and simple to follow step session.	Vibe@ Imagery - Vibe Cycle	Eastern Conditioning – A session to leave you toning your abbs and core with belly dance moves. Sunny Singh	Flexibility Flow - Stretch out your body in this great dynamic stretch session. XPERT Team	BEAM BLOCK YOGA - The world's first yoga platform, designed to increase flexibility. Adds a physical challenge to your practice. Thierry Giunta	17.00 ↓ 18.00	
SAT	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4	Studio 2	Squash Court 1 By Reception	Harrison's Bar	SAT

Evening PARTY
from 9.30 pm
Theme Greatest Showman

SUNDAY

SUN	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4 Upstairs	Studio 2	Squash Court 1 By Reception	Harrison's Bar	SUN
08.30 ↓ 09.15	Aqua Balance - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	Pilates Flow – Experience a smooth flowing Pilates mat class to strengthen your whole body with Naomi De Fabio	JAGUA - Jungle Body toning class that rocks you out as you experience a mix of core training, Ballet, Pilates to body sculpting with Amy Bobbins	Future Step 2018 - A freestyle, fun and fresh step session to shift your hangovers! Alistair McMeechan		MK SP-Arc A Challenging Pilates session that will improve your balance, core and flexibility using SP-Arc. Helen Pybus	Pure Stretch with Suzie Hopkins – nothing else but pure stretch. Just let's lengthen ourselves and feel tall and fabulous.	Sign up to ensure your session space in equipment sessions at your preferred time at the fitness stands		08.30 ↓ 09.15
09.15 ↓ 10.00	Hydropole - Jill Briggs Water Fitness Shallow and Deep - Shakeel Hussain	Hi/Lo Hangover Aerobics - shake off the party in this great aerobic session with Scott Miller	FITSTEPS FAB Feel the ballroom in a mega mix from tangoto nova a total body choreographed workout full of grace,agility in dance moves with Kim Brocklehurst .	Power Step with Pierre - Shake off your partying with a power step session Pierre's Step	Vibe@ Wake Up - Vibe Cycle	Barre Strength - Jay Banks brings you his new training concept. A ballet inspired Workout, combining Pilates, stretch, ballet, resistance using one's body weight and bands!	Sava Flow Pilates -Join in a mat work pilates class full of dance, lines and stretch. Opening up the body and strengthening the core. Sava Assenov	Feel the Pulse - A session that will help your tired muscles and joints using the Pulseroll/ ball with Carroll Locke	Deep and Shallow Aqua Instructor Training with Water Fitness UK 9am-5pm. Book direct on www.waterfitness.co.uk or tel: 0143 7457 503	09.15 ↓ 10.00
10.15 ↓ 11.00	Aqua HIT Interval Training - Charlotte Forde	Funkd Up (House Dance) - Nikki Riozzi takes you on a journey of funk moves to leave you vibing inside until next time!	Sosa - A fusion of international dance with other styles including Salsa, Latin and Ballroom. Katy Barrow	Funk Step – Anastasia Alexandridi new to FitCamps from Greece brings you a funk megamix of dance on step that brings the Diva out of you.	Vibe@ Advanced Transitions - Vibe Cycle	On Broadway' Dance Fitness - Reveal your inner showgirl and join Katy Robinson to learn a fabulous dance routine to 'One' from the iconic musical 'A Chorus Line'	MeggaBall -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires .	Good Vibrations - Pulseroll vibrating class to totally release your body. Fiona	Deep and Shallow Aqua Instructor Training with Water Fitness UK 9am-5pm. Book direct on www.waterfitness.co.uk or tel: 0143 7457 503	10.15 ↓ 11.00
11.15 ↓ 12.00	Aqua Balance - Unique training for the core on floating boards. Sunny Singh (two 30 minute sessions)	POUND, Sweat, Sculpt and Rock - The infectious, energising fun of drumming! A full body cardio jam session. Jessica McKee	This is Me - a powerful dance workout so emotive, powerful, unapologetic and up-lifting. We can all feel like outsiders and mis-fits, let's band together and let them know that we won't change, cos This Is Me! Zoe McNulty	HIIT Step Paradise - The HIIT Step Team brings you a step and conditioning session using body weight to great easy to follow step routines. HIIT Step Team	Vibe@ King of the Road - Vibe Cycle	JAGUA - Jungle Body Toning class that rocks you out as you experience a mix of core training, Ballet, Pilates to body sculpting with Amy Bobbins	MeggaBall -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squires .	Pulseball for Sport - Experience the massaging effect on fascia for any sport activity. A great release for tired muscles and joints. Jonathan Ferryman		11.15 ↓ 12.00
12.00 ↓ 13.00	Deep and Shallow Aqua Instructor Training with Water Fitness UK 9am-5pm. Book direct on www.waterfitness.co.uk or tel: 0143 7457 503	BlockFit Farewell - The four in one workout that has created a storm in health clubs. A fusion of Combat, Dance, HIT and Yoga. A fab mega mix. Chico and Team	PADFIT - Totally Shredded by Dean Heitman - Partner boxing to RnB House music that will leave your mind and body refreshed and ready.	STEP FRESH – Keith Coleman IFS presenter of the year brings you an easy-to-follow freestyle step choreographed session.	Vibe@ Party Hour - Vibe Cycle	FunkFit farewell - JP Omari takes you on a fantastic Motown journey to fill you with Funky vibes.	Barre Beats - Is a ballet and Pilates inspired class set to a pumping playlist , no ballet barre required with creator Naomi Di Fabio of VeraFlow .	Celebrity Booty Workout with Bands from Dominique Parlatt of Warriors UK - a great toning session.		12.00 ↓ 13.00
Instructor training – extra cost	Deep and Shallow Aqua Instructor Training with Water Fitness UK 9am-5pm. Book direct on www.waterfitness.co.uk or tel: 0143 7457 503		Totally Shredded instructor training by Dean Heitman - Join the tribe and be part of a great team delivering Totally Shredded fitness classes around the UK. Book direct on www.totallyshreddedfitness.co.uk tel: 07799 498613	POUND, Workout Rockout Instructor Training . Book direct www.poundfit.com . Book direct (additional cost) email audrey@poundfit.com		BlockFit Instructor Training with Chico . Four in one workout that has created a storm in health clubs. A fusion of Combat, Dance, HIIT and Yoga. A fab mega mix. Book direct (additional cost) via website www.blockfit.co.uk	BarreBeats Instructor Training with creator Naomi di Fabio , book direct on www.naomidifabio.com (additional cost)	Celebrity Booty Workout Instructor Training with Dominique Parlatt of Warriors UK - Book direct on [details to come]	Instructor training – extra cost	
SUN	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4 Upstairs	Studio 2	Squash Court 1 By Reception	Harrison's Bar	SUN