

# FitCamps29 Timetable Ribby Hall 8<sup>th</sup> - 10<sup>th</sup> November 2019

Please Note — The Timetable can change due to circumstances beyond our control !

On Arrival sign up for your favourite equipment sessions at registration or at the stands!

REGISTRATION TIMES: *Thursday, 7.30pm - 9.30pm | Friday, 8.00am - 7.00pm | Saturday, 8.00am - 10.30am | Sunday, 8.30am - 9.30am*

Thursday 7th November: Pre Con Training to be a Trigger Point Pilates Mat Work Instructor 10.00am - 5.00pm  
— or in Trigger Point Pilates Barre 'n' Balls Instructor Training 11.30am - 5.00pm.

Please Note: Fascia Friday Pass is an extra cost and the Training Workshops are at an extra cost.  
Please see the booking links in your arrival letter or website [www.fitcamps.com](http://www.fitcamps.com) for details.

## FRIDAY

FRI	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4	Studio2	Squash Court 1 By Reception	Bar n grill	Harrison's Bar
9.45 - 10.30		A WARRIOR Welcome with DOMINIQUE PARLATT FUNKY STEP. Let off steam in this up beat session, forget the week and feel empowered with a step that will not confuse or blow your mind		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	Sign up to ensure your session space in a Vibe cycle session at your preferred time on the Vibe stand.	GARY CARTER of NATURAL BODIES MOVEMENT TRAINING. Pre convention workshop (extra cost) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION		MK PILATES REFORMER STUDIO CLASSES - Sign in to reserve your place direct with MK Pilates Stand		FASCIA FRIDAY registration and welcome from LYDIA CAMPBELL at 10am
10.30 - 11.20		PADFIT - TOTALLY SHREDDED by DEAN HEITMAN - release stress as you sweat in Partner boxing to RnB House music that will leave your mind and body refreshed and ready for the weekend.	FUNCTIONAL FLOOR- Ryan Graham and team using nothing but your body. This is a cardio, conditioning choreographed workout. A challenge for the body and the mind.	The FLYING SCOTT'S MAN STEP - The wild Scotsman in his kilt HITS the Step for you in this fab session - Scott Miller		GARY CARTER of NATURAL BODIES MOVEMENT TRAINING. Pre convention workshop (extra cost) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION	MEGGABALL -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator WINSTON SQUIRES.	MK PILATES STUDIO CLASS - Experience a Pilates studio class on equipment from Reformers to the Barrell with MICHAEL KING / MK Pilates team (Fascia Friday pass)	SOSA - A fusion of international dance with other styles including Salsa, Latin and Ballroom. KATY BARROW	BALANCING THE DIAPHRAGMS with FIONA PALMER and ANATOMY TRAINS Certified Teacher. This is an introduction to this training where you discover the relationship between your feet, pelvis, spine and head...a great session if you are interested in women's health. (Fascia Friday pass)
11.30 - 12.20		TRIGGER POINT PILATES the Fascia equipment Workout - LYDIA CAMPBELL will unwind and ease your body out in this TPP session with balls to rollers.	BADASS. Join in this fab aerobic mix of combat, cardio and conditioning. With Vicki from BOUNCE DANCEFIT	STEP MOVES n DANCE - RACHEL TUNSTALL brings you a pure flowing session on the step.	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team - book at the court	GARY CARTER of NATURAL BODIES MOVEMENT TRAINING. Pre convention workshop (extra cost) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION	MEGGABALL -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator WINSTON SQUIRES.	MK PILATES STUDIO CLASS - Experience a Pilates studio class on equipment from Reformers to the Barrell with MICHAEL KING / MK Pilates team (Fascia Friday pass)	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.	Introduction to ANATOMY TRAINS with FIONA PALMER an Anatomy Trains Certified Teacher. This is an introduction to this training where you discover Tom Myers work on fascia and the body. (Fascia Friday pass )
12.30 - 13.20		MK PILATES fascia in movement - MICHAEL KING is back with a fabulous mat work session, no equipment just a flowing fascia movement bringing in Spirals and more.	IRON WOMAN LEGS, BUMS AND TUMS with JOANNA WEINTRITT a fun very strong classic conditioning session.	KEITH COLEMAN'S SLICK STEP - IFS presenter of the year bring's you a great slick step session where you will dance on and around the step but no Irish jigs.	You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team book at the court	SOMA MOVE - First time in the UK from Sweden a movement experience combining various movement disciplines from yoga, Pilates, martial arts to dance. Uniting the mind and body with LINUS JOHANSSON (Fascia Friday pass)	BEAM BLOCK Vinyasa Flow Yoga (as seen on Dragon's den) - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. Thierry Giunta	MK PILATES STUDIO CLASS - Experience a Pilates studio class on equipment from Reformers to the Barrell with MICHAEL KING / MK Pilates team (Fascia Friday pass)	MOVE YA BODY LET'S GET FUNKY - KAT SMITH from the FitCamps New Presenter search. Join her in a fab session. Easy to follow dance session. Where you simply have to move as cannot stop the beat inside you.	TPP For Autoimmune conditions and chronic pain - RONNAUGH SMITH. Discover techniques to promote pain relief, increased lymph flow and flexibility. Vital for clients who are coming to class with conditions such as Lymphoedema to lipoeedema from post operative, to cancer treatments.

13.30 - 14.20		<b>STRUT MEETS BOLLYWOOD</b> Join in a fab Fun mega mix dance welcome session with <b>ZOE MCNULTY</b> and <b>SUNNY SINGH</b> .	<b>BOUNCE DANCE-FITNESS.</b> Start the weekend with this super sleek and stylised street dance session that's gone crazy in the US. With <b>VICKI</b> of <b>BOUNCE DANCEFIT</b>	<b>HIIT House Step - TOTALLY SHREDDED</b> by <b>DEAN HEITMAN</b> - HIIT Step workout that will leave you wanting more all weekend.		<b>(Fascia Friday pass) FASCIA IN YOGA - GARY CARTER.</b> Discover the connection of motion and the breath in a fascia in Motion Yoga class.	<b>BEAM BLOCK Vinyasa Flow Yoga (as seen on Dragon's den)</b> - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. <b>Thierry Giunta</b>	<b>MK PILATES STUDIO CLASS</b> - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>MICHAEL KING / MK Pilates team (Fascia Friday pass)</b>	<b>POSE WITH SAVA</b> - You may have seen the TV show now join in with <b>Sava and be the Diva POSE</b> - An easy to follow dance class with simple choreography. Super sassy songs that will unleash your inner diva.	<b>Fascia, Pain and Equipment with Lydia Campbell of Trigger Point Pilates.</b> The first to use balls in Pilates rehab mat work (2002) It is not about the deeper or harder the better! She will dispel claims on breaking up fascia with gadgets. Experience the toys and fascia gun! How to help the post rehab client in your class or clinic. (Fascia Friday pass)
14.30 - 15.20		<b>CLUBBERCISE</b> - A high energy dance fitness class in the dark with glow sticks and disco lights.- with <b>SONIQUE SMITH</b>	<b>BARRE STRENGTH - JAY BANKS</b> brings you his new training concept A ballet inspired Workout, combining Pilates, stretch, ballet, resistance using one's body weights and bands!	<b>XENA Warrior Power Mats - Dominique Parlatt</b> takes you through a strong, powerful mat work conditioning class that will leave you energised.	<b>Vibe® King of the Road - Delvin Clarke</b> and the Vibe Cycle team	<b>Time to throw the Anatomy book out the window - GARY CARTER</b> will completely change your mind about muscles! <b>A fascia Friday session tickets only</b>	<b>YO-PILATES BALANCE</b> the perfect blend of Pilates and Yoga with new presenter <b>ERALDO LESKO</b>	<b>MK PILATES STUDIO CLASS</b> - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>MICHAEL KING / MK Pilates team (Fascia Friday pass)</b>	<b>KONGA® Jungle Body</b> - an easy to follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats with <b>Amy Bobbins</b>	
15.30-16.20	<b>BOLLYWOOD AQUA</b> <b>SUNNY SINGH</b> (two 30 minute sessions)	<b>FUNKFIT - JP Omari</b> <b>FitCamps presenter of the year 2018</b> will have you groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	<b>MK SP- Arc</b> A challenging Pilates session that that will improve your balance, core and flexibility using the SP- Arc. With <b>Malcolm Muirhead</b>	<b>KETTLERCISE COMBAT - MX</b> with <b>ANOUSHKA MOORE.</b> A high energy blend of kettlebell exercises and combat martial arts moves	<b>Vibe® Imagery - Delvin Clarke</b> and Vibe Cycle team	<b>Trigger Point Pilates Shhhh!</b> Forget those ads open the door to the pelvic floor . Discover a class programme created by <b>Lydia Campbell</b> for women's health. A fascia body work session(Please note as this is an intimate subject this session is for women only) .	<b>GOOD VIBRATIONS - PULSEROLL</b> vibrating class to totally release your body. With <b>HELEN PYBUS</b> Master trainer	<b>MK PILATES STUDIO CLASS</b> - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>MICHAEL KING / MK Pilates team (Fascia Friday pass)</b>		
16.30 - 17.20	<b>HYDROPOLE</b> - Aquatic Pole core & upper body strength workout with <b>Lindsey Humble</b>	<b>THE GREATEST SHOWMAN,</b> a fab dance aerobic session with <b>Rachel Tunstall</b>	<b>SUPAFRESH</b> brings you <b>DANCEFIT - NAOMI CZUBA</b> A fab dance session for anyone to do simply feel the rhythm and move.	<b>STEP JAM</b> - Let's get back to basics with a fun step class designed to keep you moving and not losing! <b>STEVE WATSON</b>	<b>Vibe® Power Ride - Vibe Cycle</b>	<b>SAVA STRENGTH AND FLOW</b> with resistance bands. Experience a mix of balletic moves to yoga combining balance and strength with bands and Barre.	<b>MEGGABALL</b> -The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator <b>WINSTON SQUIRES.</b>	<b>MK PILATES STUDIO CLASS</b> - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>MICHAEL KING / MK Pilates team.</b>		
17.30 - 18.30	<b>HYDRORIDER AQUA CYCLING</b> - indoor underwater cycling workout with <b>Ryan and Nataliya Graham</b>	<b>Karaoke Aerobics – Michael King</b> is back 20 years later, this legacy class which pushes the boundaries of vocal abilities and human dignity as we join Michael on a roller coaster ride of musical delights. Don't worry if you can't sing, because neither can Michael!	<b>NR-CHI - Sonique Smith</b> a workout to empower your senses. A mix of fitness with Qigong movement to harmonise, strengthen and heal. Ending with relaxing mediation to affirmations.	<b>DIVA STEPPING - Anastasia Alexandridi</b> The lady Gaga of the fitness industry from Greece brings you a megamix of step dance that's easy to follow .	<b>Vibe® Advanced Transitions - Vibe Cycle</b>	<b>XPERT Aerial Hammock</b> - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. <b>XPERT Team</b>	<b>BEAM BLOCK Vinyasa Flow Yoga (as seen on Dragon's den)</b> - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. <b>Thierry Giunta</b>	<b>MK PILATES STUDIO CLASS</b> - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>MICHAEL KING / MK Pilates team.</b>		
18.45 - 19.30		<b>STRUT THE CATWALK</b> with <b>ZOE MCNULTY.</b> Zoe is bringing the body confidence catwalk to FitCamps. Be a part of this magical moment celebrating the beauty of body diversity.		<b>COMMERCIAL STEP - KRIS MROZEK</b> brings you a dance step session to start the weekend with a bang!	<b>Vibe® Party Ride - Vibe Cycle</b>	<b>XPERT Aerial Hammock</b> - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. <b>XPERT Team</b>	<b>GOOD VIBRATIONS - PULSEROLL</b> vibrating class to totally release your body. With <b>HELEN PYBUS</b> Master trainer			

20.00 onwards **Harrisons Drinks - We strut into the bar - Pyjamas optional**

**SATURDAY**

<b>SAT</b>	<b>Pool Aqua Camp</b>	<b>Sports Hall</b>	<b>Studio 3</b>	<b>Studio 1</b>	<b>Squash Court 2</b>	<b>Studio 4</b>	<b>Studio 2</b>	<b>Squash Court 1</b>	<b>Bar n grill</b>	<b>Harrison's Bar</b>
08.10 - 09:00	<b>AQUA FLOAT</b> set up	<b>MEGGABALL. Megga wake up EN MASS</b> - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator <b>Winston Squires.</b>	<b>NR-CHI - Sonique Smith</b> a workout to empower your senses. A mix of fitness with Qigong movement to harmonise, strengthen and heal. Ending with relaxing mediation to affirmations.	<b>SAVA LYRICAL STEP</b> - Join <b>Sava</b> in a flowing dance sequence and step session full of grace. <b>Sava Assenov</b>	<b>You can sign up to secure your Vibe session with Delvin Clarke and his Cycle Team book at the court</b>	<b>XPERT Aerial Hammock</b> - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. <b>XPERT Team</b>	<b>BEAM BLOCK Fitness Yoga (as seen on Dragon's den)</b> - A fitness yoga session focusing on cardio, strength and flexibility. Combining agility, balance, power and speed, suitable for all, using a Yoga platform. <b>Thierry Giunta</b>			

09.00 - 09.50	AQUA FLOAT - Unique training for the core on floating boards. <b>Sunny Singh</b> (two 30 minute sessions)	MK PILATES Matwork to Spirals - <b>Michael King</b> is back a with a fabulous mat work session, no equipment just a flowing MK Pilates mat work session.	BODY BLITZ CONDITIONING - <b>Vicki Gambian</b> brings you a fab non-equipment class using your body weight to tone and condition.	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® Power Ride - Vibe Cycle	SOMA MOVE - First time in the Uk from Sweden a movement experience combining various movement disciplines from yoga, Pilates, martial arts to dance. Uniting the mind and body with <b>Linus Johansson</b>	BEAM BLOCK Vinyasa Flow Yoga (as seen on Dragon's den) - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. <b>Thierry Giunta</b>	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	KONGA® Jungle Body - an easy to follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats with <b>Amy Bobbins</b>	
10.00 - 10.50	AQUA FLOAT - Unique training for the core on floating boards. <b>Sunny Singh</b> (two 30 minute sessions)	Trigger Point Pilates floor to standing - Discover fascia bodywork From <b>Lydia Campbell</b> creator of TPP. To lengthen and strengthen as you release chronic nagging pain. Using TPP balls to rollers	SupaFresh Brings you Dance Choreo - <b>Naomi Czuba</b>	STEP RHYTHMS - A fab step session full of motivating sounds and moves with <b>Scott Miller</b>	Vibe® Advanced Transitions - Vibe Cycle	MK SP- ARC A challenging Pilates session that that will improve your balance, core and flexibility using the SP- Arc. With <b>Malcolm Muirhead</b>	VIBRATE YOUR BALLS - a cheeky session of Pulseroll vibrating class to totally release your body with master trainer <b>Helen Pybus</b>	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	FITSTEPS EXTREME- Feel the ballroom in this total body choreographed workout combining power and agility in dance moves with <b>Kim Brockhurst</b> .	FIT2BURLESQUE - Move those curves let's get sexy and fit. <b>Suzie Hopkins</b>
11.00 - 11.50	AQUA FLOAT - Unique training for the core on floating boards. <b>Sunny Singh</b> (two 30 minute sessions)	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session. <b>Jessica McKee</b>	VeraFlow - The dance-based stretch class to re-align and release tight muscles leaving you stretched out and relaxed with creator <b>Naomi Di Fabio</b>	KING OF STEP - Let's get back to basics with a fun step class designed to burn the calories. <b>Steve Watson</b>	Vibe® King of the Road - Vibe Cycle	BARRE STRENGTH - <b>Jay Banks</b> brings you his new training concept A ballet inspired Workout, combining Pilates, stretch, ballet, resistance using ones body weights and bands!	IRON WOMAN LEGS BUMS n TUMS with <b>Joanna Weintritt</b> a fun very strong classic conditioning session.	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	SOSA - A fusion of international dance with other styles including Salsa, Latin and Ballroom. <b>Katy Barrow</b>	FIT2BURLESQUE - Move those curves let's get sexy and fit. <b>Suzie Hopkins</b>
12.00 - 12.50	HYDROPOLE - Aquatic Pole 12:30 start - Experience dance elements, core & upperbody body strength workout with <b>Nataliya Graham</b> (One 30 minute session)	FUNKED UP Masters (House Dance) - <b>Nikki Riozzi and crew</b> takes you on a journey of funk moves to leave you vibing inside until next time!	MTV COMMERCIAL DANCE - <b>Kris Mrozek</b> brings you a dance full of finesse and attitude!	FUNK STEP - <b>Anastasia Alexandridi</b> new to FitCamps from Greece brings you a funk megamix of dance on step that brings the Diva out of you.	Vibe® Imagery - Vibe Cycle	WARRIOR POWER BANDS from <b>Dominique Parlatt of Warriors</b> a great, motivational Body toning session a mix of cardio and resistance for any Body!	STRONG BY ZUMBA - <b>Syreeta Stracey</b> Experience the joy of Zumba and the strength.	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	STRUTOLOGY - <b>Zoe McNulty</b> 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.	BUNGY-PUMP / Pro X Walker <b>Bart Piotrowicz</b> - Walking is the best medicine. Experience an outdoors session for your heart and core.
13.00 - 13.50	AQUA ZUMBA- Latin Fun Aquatic Dance Workout with <b>Shakeel Hussain</b>	High Aerobics we love you! - <b>Scott miller</b> takes you on an easy to follow Hi Low aerobic work out.	FIT4TAP Join Creator <b>Sue Hudson</b> for a Fun Funky dance fusion of tapping feet. 'Don't work it just Dig IT!' says Sue	STEP AND DANCE - <b>Jo Ali Parry</b> Step Queen brings you a great and simple dance easy to follow step session		XPERT Aerial Hammock - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. <b>XPERT Team</b>	KETTLERCISE COMBAT - <b>MX with Anoushka Moore</b> . A high energy blend of kettlebell exercises and combat martial arts moves		ON BROADWAY' Dance Fitness 'Hot Honey Rag' - fancy yourself as Roxy Hart or Velma Kelly? Join <b>Katy Robinson</b> for this fun filled, fast paced charleston routine from the musical Chicago	BUNGY-PUMP / Pro X Walker <b>Bart Piotrowicz</b> - Walking is the best medicine. Experience an outdoors session for your heart and core.
14.00 - 14.50	AHIIT Shallow Deep - Aqua High Intensity Interval Training Shallow and Deep Water with <b>Charlotte Forde &amp; Lindsey Humble</b>	PADFIT - Totally Shredded by <b>Dean Heitman</b> - Partner boxing to RnB House music that will leave your mind and body refreshed and ready.	FITSTEPS EXTREME- Feel the ballroom in this total body choreographed workout combining power and agility in dance moves with <b>Kim Brockhurst</b> .	BELLYFIT A first to the UK, BellyFit is a fantastic holistic fusion of bellydance and yoga exclusively for women - with <b>Rosie Mason</b> .	Vibe® Advanced Transitions - Vibe Cycle	XPERT Aerial Hammock - Fitness in the air. Discover how to wrap, climb and wind in an aerial silk. <b>XPERT Team</b>	MEGGABALL - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator <b>Winston Squires</b> .	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>		
15.00 - 15.50	HYDRO RIDERBAND Resistance and Core - Aquatic Workout with Underwater elastic bands to add on extra resistance in the water with <b>Nataliya Graham</b>	LET'S GO Hi n Low in an aerobic mega mix with these legends the fabulous duo <b>Steve Watson and Jo Ali Parry</b>	MK Sliding Pilates - <b>Malcolm Muirhead</b> brings you a dynamic Pilates session using gliders to enhance flexibility to core strength.	CLUBBERCISE - let's have a party with a high energy dance fitness class in the dark with glow sticks and disco lights with <b>Sonique Smith</b>	Vibe® Power Ride - Vibe Cycle	TPP Barre n Balls <b>Lydia Campbell and Ali Green</b> bring you a fab fascia ballet based Barre workout that will leave you. Toned, lengthened and restored. Wear ballet shoes socks to help your feet move with the barre and floor work.	MEGGABALL - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator <b>Winston Squires</b> .	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>		
16.00 - 16.50	HYDROFIGHTER Championship Rounds - 5 minute fighting rounds, 5 varying training & intensity using Aqua Boxing Mitts with <b>Ryan Graham</b>	FUNKFIT - <b>JP Omari</b> will have you groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	XPERT Pole Fitness - Fitness in the air. Discover how to climb, hang and wind in a Fitness Pole class. <b>XPERT Team</b>	BOUNCE Dance-Cardio jumping routines on mini trampolines. A great high intensity but low impact cardio training with the trampoline pad absorbing over 87% of shock on the joints. Suitable for all ages and abilities!	Vibe® King of the Road - Vibe Cycle	TPP Chi <b>Lydia Campbell</b> unwinds you from your hectic day in this TPP Body restorative fascia mind body session ending with deep relaxation..	BEAM BLOCK Fitness Yoga (as seen on Dragon's den) - A fitness yoga session focusing on cardio, strength and flexibility. Combining agility, balance, power and speed, suitable for all, using a Yoga platform. <b>Thierry Giunta</b>	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>		
17.00 - 18.00	NRG AQUA CYCLING - Indoor underwater cycling with the party tunes! <b>Team Teach Ryan and Nataliya Graham</b>	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session. <b>Jessica McKee</b>	XPERT Pole Fitness - Fitness in the air. Discover how to climb, hang and wind in a Fitness Pole class. <b>XPERT Team</b>	BOUNCE Dance-Cardio jumping routines on mini trampolines. A great high intensity but low impact cardio training with the trampoline pad absorbing over 87% of shock on the joints. Suitable for all ages and abilities!	Vibe® Imagery - Vibe Cycle	'SHIMMY' Twerk n Tone - <b>Sunny Singh</b> Even if you cannot Twerk Sunny will take you on a great condition journey - dress up welcome.	VIBRATE YOUR BALLS - a cheeky session of Pulseroll vibrating class to totally release your body with master trainer <b>Helen Pybus</b>	MK PILATES Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>		
21.30	FitCamps Party Harrison's		Our Party theme Bohemian Rhapsody 'QUEEN'							

**SUNDAY**

SUN	Pool Aqua Camp	Sports Hall	Studio 3	Studio 1	Squash Court 2	Studio 4 Upstairs	Studio 2	Squash Court 1	Harrison's Bar
08.15 - 09.00		<b>SAVA ALIGN with a Yogalates Mix</b> - Join in a mat work yoga/ Pilates class to stretching , opening up the body to strengthening the core. <b>Sava Assenov</b>	<b>BODY BLITZ CONDITIONING- Vikki Gamblan</b> Brings you a fab non equipment using your body weight to tone and condition.	<b>HANGOVER STEP to FRESH - Keith Coleman</b> IFS presenter of the year brings you an easy to follow freestyle step choreographed session.		<b>NR-CHI - Sonique Smith</b> a workout to empower your senses. A mix of fitness with Qigong movement to harmonise, strengthen and heal. Ending with relaxing meditation to affirmations.	<b>VIBRATE YOUR BALLS - a cheeky session of Pulseroll</b> vibrating class to totally release your body with master trainer <b>Helen Pybus</b>		
09.00 - 9.50	<b>HYDROPOLE Functional and Fun-</b> Full body Aquatic Pole Workout with <b>Charlotte Forde</b>	<b>AEROBIC DANCE - Anastasia Alexandridi step queen</b> new to FitCamps from Greece brings you a megamix of dance aerobics.	<b>STRONG BY ZUMBA - Syreeta Stracey</b> Experience the joy of Zumba and the strength.	<b>BARRE STRENGTH - Jay Banks</b> brings you his new training concept A ballet inspired Workout, combining Pilates, stretch, ballet, resistance using ones body weights and bands!	<b>Vibe® Wake Up - Vibe Cycle</b>	<b>BELLYFIT</b> A first to the UK, BellyFit is a fantastic holistic fusion of bellydance and yoga exclusively for women - with <b>Rosie Mason</b> .	<b>POLELATES -</b> Ease out your body A Pilates session that will improve your balance, core and flexibility using a pole. <b>Helen Pybus</b>	<b>MK PILATES Studio Class -</b> Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	<b>DEEP &amp; SHALLOW Aqua Instructor Training with Water Fitness UK 9-5pm</b> Book direct on <a href="http://www.waterfitness.co.uk">www.waterfitness.co.uk</a> or tele:0143 7457 503
10.00 - 10.50	<b>AHIIT-</b> Aqua High Intensity Interval Training <b>Lindsey Humble</b>	<b>JAGUA -</b> Jungle Body toning class that rocks you out as you experience a mix of core training, Ballet, Pilates to body sculpting with <b>Amy Bobbins</b>	<b>LEGS BUMS n TUMS 2019 Style - Ali Green</b> Joint winner of the New Presenter search 2019 brings you an updated version of the great classic created by Lydia in the 80's.	<b>STEP n DANCE FAREWELL with Eraldo Lesko</b>	<b>Vibe® Advanced Transitions - Vibe Cycle</b>	<b>SUPAFRESH</b> Brings you Dance Choreo - <b>Naomi Czuba</b>	<b>FIT4TAP</b> Join Creator <b>Sue Hudson</b> for a Fun Funky dance fusion of tapping feet. 'Don't work it just Dig IT!' says Sue	<b>MK PILATES Studio Class -</b> Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	<b>DEEP &amp; SHALLOW Aqua Instructor Training with Water Fitness UK 9-5pm</b> Book direct on <a href="http://www.waterfitness.co.uk">www.waterfitness.co.uk</a> or tele:0143 7457 503
11.00 - 11.50	<b>WF AQUA DANCE -</b> Choreographed Aquatic Dance Workout with <b>Shakeel Hussain</b>	<b>FUNKED UP Masters (House Dance) - Nikki Riozzi and crew</b> takes you on a journey of funk moves to leave you vibing inside until next time!	<b>'ON BROADWAY' Dance Fitness -</b> Reveal your inner showgirl and Join <b>Katy Robinson</b> to learn a fabulous dance routine to 'One' from the iconic musical 'A Chorus Line'	<b>BACKING BABES with Zoe McNulty</b> Join in a sassy, strong and powerful, commercial dance routine for the X-Factor backing dancer in you	<b>Vibe® King of the Road - Vibe Cycle</b>	<b>PILATES FLOW n RELEASE -</b> Experience a smooth flowing Pilates mat class to strengthen your whole body with <b>Naomi Di Fabio</b>	<b>PURE STRETCH with Suzie Hopkins</b> nothing else but pure stretch. Let's lengthen ourselves and feel tall and fabulous.	<b>MK PILATES Studio Class -</b> Experience a Pilates studio class on equipment from Reformers to the Barrell with <b>Michael King / MK Pilates team</b>	
12.00 - 13.00	<b>DEEP &amp; SHALLOW Aqua Instructor Training with Water Fitness UK 9-5pm</b> Book direct on <a href="http://www.waterfitness.co.uk">www.waterfitness.co.uk</a> or tele:0143 7457 503	<b>FUNKFIT Party Farewell - JP Omari</b> Is back again with a fab medley to end your weekend it's a non stop groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	<b>HIIT HOUSE - TOTALLY SHREDDED by Dean Heitman</b> - HIIT workout that will leave you wanting House music more and more	<b>POUND Farewell, Workout followed by Rockout Instructor Training.</b> Book direct <a href="http://www.poundfit.com">www.poundfit.com</a> . (additional cost) email <a href="mailto:audrey@poundfit.com">audrey@poundfit.com</a>	<b>Team move bikes out of court to use court for training</b>	<b>MK BARRE SEQUENCING</b> feel the Flow with <b>Michael King</b> as he brings you this brilliant Barre standing and mat work session.	<b>WARRIOR POWER BANDS from Dominique Parlatt of Warriors</b> a great, motivational body toning session a mix of cardio and resistance for any Body!		
<b>Instructor Training – Additional cost</b>					<b>Training courses run up to 7pm</b>				
	<b>DEEP &amp; SHALLOW Aqua Instructor Training with Water Fitness UK 9-5pm</b> Book direct on <a href="http://www.waterfitness.co.uk">www.waterfitness.co.uk</a> or tele:0143 7457 503	<b>STAGE DISMANTLE</b>	<b>TOTALLY SHREDDED Instructor Training with Dean Heitman.</b> Join the tribe and be part of a great team delivering Totally Shredded fitness classes around the Up. Book direct: <a href="http://www.totallyshreddedfitness.co.uk">www.totallyshreddedfitness.co.uk</a> tele 07799498613	<b>POUND, Workout Rockout Instructor Training.</b> Book direct <a href="http://www.poundfit.com">www.poundfit.com</a> . (additional cost) email <a href="mailto:audrey@poundfit.com">audrey@poundfit.com</a>	<b>Training courses run up to 7 pm</b>	<b>MK Instructor Training SAGA PILATES.</b> Book direct with <b>MK ON 02070971454 OR <a href="http://www.mkpilates.com/en/event/sagalates-pilates-for-older-adults">www.mkpilates.com/en/event/sagalates-pilates-for-older-adults</a></b>	<b>WARRIOR STEP Instructor Training</b> with <b>Dominique Parlatt</b> of Warriors up book direct on details to come .		

**FitCamps 2020 IT'S A CELEBRATION YEAR Our Birthday 30 years November 6<sup>th</sup> - 8<sup>th</sup>. Book now for best prices on [www.fitcamps.com](http://www.fitcamps.com)**

**BOOK Early – BEST DEALS!**