

Let's get physical
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TIMETABLE

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FRIDAY

	POOL	CONFERENCE ROOM 4	SKYLINE	CONFERENCE ROOM 1	CONFERENCE ROOM 2	CONFERENCE FOYER
17:00 - 17:45	Hydro Rider Band Resistance and Core - Aquatic Workout with underwater elastic bands to add on extra resistance in the water with Nataliya Graham .	Vibe® Power Ride - Delvin Clarke & Vibe Cycle team - A fantastic way to start the weekend and rev up in this indoor cycle session.	Welcome FunkFit - JP Omari FitCamps presenter of the year 2018 will have you groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Trigger Point Pilates Spikey Ball mat work with Lydia Campbell creator of TPP. To lengthen and strengthen as you release chronic nagging pain, using TPP balls to rollers.	KONGA® Welcome Jungle Body - an easy to follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats with Amy Bobbins of Jungle Body .	Pilates Welcome - Experience a smooth flowing Pilates mat class to strengthen your whole body with Naomi Di Fabio (bring your own mat).
18:00 - 18:45	Hydrofighter Championship Rounds - 5 minute fighting rounds, 5 varying training & intensity using Aqua Boxing Mitts with Ryan Graham (two 30 minute sessions).	Vibe® Party Ride - Vibe Cycle team do not miss this cycle party.	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session and Pound out your stress with Kylie Bond .	Body Blitz Conditioning - Vikki Gamblen brings you a fab non-equipment class using your body weight to tone and condition.	Strutology - Zoe McNulty Headmistress of School of Strut with the sassiest dance class around! An empowering session to boost your self esteem. Bring trainers & heels for a dance class with a twist.	MeggaBall workout - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squire .
18:45 - 19:30				Divafit Stretch and restore. Come and join Tara Fraser to unwind from the week and stretch, relax and meditate.	NR-CHI - Sonique Smith . A workout to empower your senses. A mix of fitness with Qigong movement to harmonise, strengthen and heal. Ending with relaxing meditations to affirmations.	Panache Dance fitness party - enter the world of movie, stage and screen and get moving with Barry Kinder .

SATURDAY

	POOL	CONFERENCE ROOM 4	SKYLINE	CONFERENCE ROOM 1	CONFERENCE ROOM 2	CONFERENCE FOYER
08:15 - 09:00			Strong Zumba wake up - High Intensity Interval Training to the beat of the music with all your favourite fitness moves and martial arts. A great conditioning session to start the day with Naomi Di Fabio .	Panache Dance Fitness Wakeup - enter the world of movie, stage and screen and get moving with Barry Kinder .	Yoga For Fitness A great way to end the day with a dynamic, empowering yoga session full of your favourite stretches. With Yoga Guru Thierry Giunta .	
09:00 - 09:45	HydroPole - Aquatic Pole - Experience Pole dance in water, a great core & upper body strength workout with Nataliya Graham (two 30 minute sessions).		SOSA Time! a great dance workout full of rhythm that any one can do with Katy Barrow .	XENA Warrior Power Mats - Dominique Parlatt takes you through a strong, powerful mat work conditioning class that will leave you energised. (Bring your own mat.)	BEAM BLOCK Vinyasa Flow Yoga as seen on Dragons' Den - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. Vanessa Robins-Tyers .	Pilates on the Ball with Vikki Gamblen - A great Pilates session on the meggaball to strengthen and align your body as you lengthen in the Pilates moves.
10:00 - 10:45	HydroPole - Aquatic Pole - Experience Pole dance in water, a great core & upper body strength workout with Nataliya Graham (two 30 minute sessions).	Vibe® Power Ride - Delvin Clarke & Vibe Cycle Team- Rev up in this indoor cycle session.	Funkin Time with Roy Gayle one of the original fit'n'fun Presenters and a dancer from Hot Gossip .. He is back with his unitard! Get ready for a funky time.	Sit on my Balls! with Lydia Campbell a Trigger Point Pilates session - with the spikey balls for a complete fascia bodywork session.	BEAM BLOCK Fitness Yoga as seen on Dragons' Den - A fitness yoga session focusing on cardio, strength and flexibility, agility, balance, power and speed, suitable for all, using a Yoga platform. Thierry Giunta .	MeggaBall workout - The core toning bounce workout as you pulsate to Dancehall Reggae beats with creator Winston Squire .
11:00 - 11:45	Butlins Pool Party	Vibe® King of the Road - Vibe Cycle	ViBeatz with Lisa B TV presenter and original fit'n'fun team is back with her crew. Join in a mega mix session of Dance, fitness and Yoga for all levels of fitness.	TPP Roller Pilates with Lydia Campbell - A fantastic fascia bodywork session to ease muscle tension, chronic pain and realign your body.	'Twerk n Tone' - Sunny Singh . Even if you cannot Twerk, Sunny will take you on a great condition journey.	Afro Beats with Joanna Weintritt a Zumba style Afro beats dance session.
12:00 - 12:45	Butlins Pool Party	Vibe® Imagery - Delvin Clarke and Vibe Cycle Team takes you on a journey of adventure with fab music.	BodyLanguage with Zoe McNulty - Get your blood pumping and bosoms heaving softly with sensual and sassy low impact dance-aerobics class not to be missed with Zoe !	TPP Barre n Balls with Ali Green - Join in a Barre session that will tone, strengthen and lengthen your body as you release your fascia.	Divafit Anthems - An aerobic session with your favourite anthems through the decades, from Disco to Dance floor with Tara Fraser .	Tri-Fit with Glyn Page of FITNET will get you moving in this aerobic, combat toning combo workout.
13:00 - 13:45	Butlins Pool Party		Warrior Power Bands from Dominique Parlatt of Warriors - A great motivational Body toning session a mix of cardio and resistance for any Body!		Restore Balance Yoga - a great way to start the morning to breath and connect the mind n body with Bridgette Williams Bishop .	Aerolatino Salsa Time with Jeff Davila and Tori Lynch - A fusion of Latin American Rhythms that are fun and easy to follow.
14:00 - 14:45	Hydro Rider Band Resistance and Core - Aquatic Workout with Underwater elastic bands to add on extra resistance in the water with Nataliya Graham .		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 FitCamps presenter of the year 2019.	TPP Big Balls and Little Balls conditioning session. Experience the bend a ball to tone your body with Caroline Ash and Eileen Dixon .	VeraFlow - The dance-based stretch class to re-align and release tight muscles leaving you totally stretched out by creator Naomi Di Fabio .	ViBeatz with Lisa B TV presenter and original fit'n'fun team is back with the crew with a mega mix workout of Dance, fitness and Yoga for all levels of fitness.
15:00 - 15:45	Hydrofighter Championship Rounds - 5 minute fighting rounds, 5 varying training & intensity using Aqua Boxing Mitts with Ryan Graham (two 30 minute sessions).	Vibe® Power Ride - Delvin Clarke & Vibe Cycle Team- Rev up in this indoor cycle session.	POUND, Sweat, Sculpt and Rock with Kylie Bond - The infectious, energizing fun of drumming! A full body cardio jam session.	TPP Chi and Relax Lydia Campbell unwinds you with melting stretches using equipment and the breath from your hectic day in this restorative fascia mind body session ending with deep relaxation.	SOSA Chair - A fusion of moves in the chair for a new get active market. Katy Barrow .	MeggaBall HIIT workout - A circuit session as you pulsate to Dancehall Reggae beats with creator Winston Squire .
16:00 - 16:45	HydroPole - Aquatic Pole - Experience Pole dance in water a great core & upper body strength workout with Nataliya Graham (two 30 minute sessions).	Vibe® Party Ride - Vibe Cycle Team do not miss this cycle party.	'Shimmy Shake Bellydance time' - Sunny Singh a great fun session to re connect with your belly and hips with Sunny, just come and move your hips - dress up welcome!	Divafit Karaoke with Tara Fraser - Join in a dance aerobic journey sing-a-long for everyone to do.	Chair Sass time to get Sexy by Panache Dance Fitness - A sassy Burlesque style session with Barry Kinder - find your feather boas and heels and get ready for a sexy work out sitting!	Pilates on the Ball with Vikki Gamblen - A great Pilates session on the meggaball to strengthen and align your body as you lengthen in the Pilates moves.
17:00 - 17:45			A Funk Funomenon Party with the original guys. They are back from Roy Gayle, Dave Hoy and Andrew Crawford a one off session you do not want to miss!	Clubbercise - lets start the party with a high energy dance fitness class in the dark with glow sticks and disco lights with Sonique Smith .	BEAM BLOCK Vinyasa Flow Yoga as seen on Dragons' Den - Taught on a Yoga platform, focusing on flowing Yoga sequences. Including breathing and relaxation. Thierry Giunta .	Energy Flow with Vanessa Robbins-Tyers A dynamic yoga session that will make you sweat, tone and strengthen as you flow from one move to the other in this upbeat Yoga session.

SUNDAY

		CONFERENCE ROOM 4	SKYLINE	CONFERENCE ROOM 1	CONFERENCE ROOM 2	CONFERENCE FOYER
09:00 - 09:45			Bhangra-cise with Sunny Singh join in an eastern journey of fun and dance that takes you to Bollywood.	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 FitCamps presenter of the year 2019.	BEAM BLOCK Fitness Yoga as seen on Dragons' Den - A fitness yoga session focusing on cardio, strength and flexibility, agility, balance, power and speed, suitable for all, using a Yoga platform. Thierry Giunta .	Overload Functional Fitness with Ryan Graham . A great functional body work session to kick off the day. No mind blowing Choreography!
10:00 - 10:45		Vibe® Imagery - Delvin Clarke and Vibe Cycle Team takes you on a journey of adventure with fab music.	Dance Monkey with Zoe McNulty . You've heard the hit now be the Dance Monkey with Zoe ! For all abilities of fitness just come and be cheeky.	Trigger Point Pilates BodyRestore and Spikey Balls - Lydia Campbell . A great session to restore your body with fascia releasing exercises including TPP fascia facial.	Legs Bums n Tums with Joanna Weintritt a fun, very strong classic conditioning session.	MeggaBall HIIT workout - A circuit session as you pulsate to Dancehall Reggae beats with creator Winston Squire .
11:00 - 11:45		Vibe® Farewell Ride - Vibe Cycle Team do not miss this cycle party.	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session.	Warrior Power Bands from Dominique Parlatt of Warriors A great motivational Body toning session a mix of cardio and resistance for any Body!	VeraFlow - The dance-based stretch class to re-align and release tight muscles leaving you totally stretched out by creator Naomi Di Fabio .	Movies and Musicals join Glyn Page of FITNET FITNESS In this fabulous dance aerobic session based on the best musicals and movies of all time.
12:00 - 12:45			FunkFit Farewell workout - JP Omari FitCamps presenter of the year 2018 will have you groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes!			