

FitCamps World Online Event Timetable: May 14th–15th 2021





So much to choose from, uniting fitness around the world. This is a **FREE EVENT** to promote so many fitness brands and presenters. Yet you might like to support the event and the **#BrainCancer** as one of our fav presenters for barre and TPP, Sophie Burnham, has suddenly developed a grade 4 tumour. A mega shock as she is a fit lady. We are now supporting her campaign to help raise funds for 'The Brain Tumour Charity'. You can help by buying a catch up pass! or even donate.


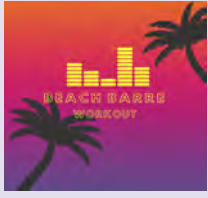














If you book via your favourite FitCamps World Presenter do not forget to use their discount code. The Catch-Up VIP Pass is a private paid group, where the videos are added to after the weekend for you to enjoy in your own time. Ideal when you want a memory of the zoom or live event to move, dance, relax, stretch, laugh, sweat and feel the vibes of FitCamps World family. Join us, book on: www.fitcamps.com

Join **FREE** on the Facebook group FitCamps World Event Group *Insta#fitcampsworld*

Time <i>UK Summer Time</i>	Where	Sessions	Level	Brand
FRIDAY Welcome 18:30-19:00	ZOOM Room 1	Welcome to the FitCamps World Summer Time. Start in style with 'TPP Ibiza Prosecco Pilates unwind' with Lydia Campbell. Take a sip and unwind with Lydia in a Trigger Point Pilates Fascia Bodywork session. The start of the FitCamps World event put on your lounge wear and join in. If you have no kit use a rolled up bath towel, a pair of tights, and create balls out of a pair of rolled up socks or two pairs of tights or tennis balls.	All	
FRIDAY Welcome 19:00-19:30	ZOOM Room 1	FunkFit Motown Party. Do not miss the start our FitCamps World Session with - Funk king JP Omari who is bringing you a fab motown medley to end your weekend. It's a non stop grooving' and dancing to uplifting Funk, Soul and Disco tunes!	All	
FRIDAY Welcome 19:30-20:15	ZOOM Room 1	Time to top up your glass and dance. Grab a scarf and tie it around your hips as it is 'Bhanghra Party Time' with the fantastic Sunny Singh in a medley of Eastern to Bollywood theme dance routines.	All	
FRIDAY Welcome 20:15-21:00	ZOOM Room 1	RaveFit have a toast with Zoe McNulty and Prosecco. She will get you in the party mood, find your glow sticks and join in the original Old Skool fantasy trip down memory lane. Come alive with this 90's energetic, ecstatic session. You will definitely have a smiley face! FOR ALL THE FAMILY.	All	
SATURDAY May 15th		Saturday Sessions start from 8:15 - 13:45	So much to choose from, support the event and buy a catch up pass!	
08:15 - 09:00	Facebook Group Live	South Africa Calling WYSIWYG I GO YOU GO Body Conditioning that is mad and fun simply move that body – Join Ceri & Lydia Hannan in South Africa with a great mega mix of conditioning.	All	
08:15 - 09:00	Facebook Group Live	Yin+Tonic / Yoga with Jess McKee. Yoga is the best medicine so join Jess for some nourishing tonic. In a slow, steady, restorative practice to go deep both physically and mentally. Leaving you feeling stretched out, relaxed and recharged.		
08:30 - 09:15	Facebook Group Live	Stretch and Shine with Naomi Di Fabio of Veraflow bringing you a great session to start the event. A simple stretch session to wake up your body and ease into the day.	All	
08:30 - 09:15	Facebook Group Live	TPP Big Balls & Little Balls with Vanessa Robbins-Tyers. A great Trigger Point Pilates session on balls. Using the Fit ball and spikey balls lots of ideas for the core and strength combined with TPP fascia body work. No FitBall then use a sofa.	All	
08:30 - 09:15	ZOOM Room 3	YogaLates enjoy a mix of two fantastic body work disciplines to wake you up and enhance your flexibility, lengthen your body and breathing. With Vikki Gamblen of Fitness Innovation.	All	
09:00 - 09:45	Facebook Group Live	Aerolatino Salsa Step with Jeff Davila and Tori Lynch - with a step or the floor, join in a latin step session full of the fusion of Latin American Rhythms. A great simple step for all to do, fun and easy to follow.	All	

09:00 - 09:45	Facebook Group Live	AeroBlast' Join Caroline Ash with an aerobic wake up to rev you up for the day with great music and moves.		
09:00 - 09:45	ZOOM Room 1	From South Africa – Barre Hit with Stefania DuToit from Cape Town. Join in using a chair, bannisters or the wall for a great dance based Barre session to tone up your limbs for the day. Stefania is a SA VirginActive presenter, actress and professional dancer based in Johannesburg coming to the UK to be in the Rocky Horror Show tour!	All	
09:00 - 09:45	Facebook Group Live	Fit in Five with Marvin Ambrosius , SKY TV fitness presenter as he takes you on an Abs Core and Cardio workout that anyone can do with fun!	All	
09:15 - 10:00	ZOOM Room 2	Warrior Power Bands from Dominique Parlatt of Warriors . A great motivational body toning session with a mix of cardio and resistance for any Body!	All	
09:15 - 10:00	Facebook Group Live	Join Olivia Clarke with a first ever FitCamps World Vibe Cycle session Don't Just Ride...Feel the Vibe! Vibe Cycle is a great fun indoor cycling workout to the rhythm of the music, each participant is in total control of their own resistance level.	You need an indoor cycle	
09:30 - 10:15	Facebook Group Live	Join Step Master Steve Watson in a ' Step Around ' – Let's get back to basics with a fun step class designed to keep you moving and not losing the step with this Step legend Steve Watson.	Intermediate - advanced	
09:30 - 10:15	ZOOM Room 3 & Facebook Group Live	Trigger Point Pilates BodyRestore session with Lydia Campbell creator of TPP self myofascia pilates massage class. Lets get you balanced, aligned, released and ready for the weekend. If no roller use a rolled up bath towel and if no spikey balls use a pair of rolled up socks or tennis balls.	All	
09:30 - 10:15	Facebook Group Live	Funky House Party! Nikkie is inviting you to her House Party – feel the grooves with her Funky House party footwork that anyone can do. The weekend starts now with Nikkie Hawkins- Riozzilet's dance!	All	
10:00 - 10:45	ZOOM Room 1	Time for mega fun Jungle Body Mix with Amy Bobbins . A Jungle Body Ambassador who will move your body head to toe with dance and hand weights or two water bottles (optional).	All	
10:00 - 10:45	Facebook Group Live	SOULfusion with Anoushka Moore new from the USA. A creative blend of yoga inspired flows, short cardio bursts, balance sequences and strength training exercises all set to crazy fun music. For all to do to enhance strength, balance and flexibility.	All	
10:15 - 11:00	ZOOM Room 2	Strictly Charleston Fit with Jenny Thomas of BBC's Strictly Come Dancing. Want to learn some fun Charleston steps and sequences from BBC's Strictly Come Dancing? Now you can with Strictly's very own guest choreographer Jenny Thomas since 2006. This class is perfect for any level. Let's get "Strictly Charleston Fit" together.	All	
10:15 - 11:00	Facebook Group Live	TOTALLY SHREDDED THE SERMON HIIT COMBAT. Workout to those 90's Funky club sounds with Dean Heitman creator of Sunday Sermon Totally Shredded training. In his session you will sweat and burn the calories with no mind blowing moves great for all.	Intermediate	
10:30 - 11:15	Facebook Group Live	Mobility' with Jairo Junior of Cross Cardio from Italy. Join Jairo in this core strengthening and flexibility flow class designed for anyone to do especially men. This session is not about being a flexible gymnast but developing your flexibility to enhance your fitness. Full of moves anyone can do.	All	
10:30 - 11:15	ZOOM Room 3	Sun Shine Dance Aerobic time with Movies and Musicals . Join Glyn Page of FITNET FITNESS FitCamps World Motivational Presenter Award winner 2020. In this session you may even sing along based on the best musicals and movies of that time.	All	

10:30 - 11:15	Facebook Group Live	Steppers Paradise with Alistair McMeechan . Join Alistair to kick start your day with uplifting transforming simple step moves into a dazzling euphoric finale!!	Intermediate	
10:30 - 11:15	Facebook Group Live	House is a Feeling, Lets Dance!!! with Helen Martin . A dance session full of the best dance hall tunes and beats that will promise to get your booty grooving and moving. A fun packed session that will raise the heart rate and make you smile. Bringing the sunshine inside and taking the roof off!	All	
10:30 - 11:15	Facebook Group Live	Cobrakai - Strike First – a combat workout with Helen Hawkins . Join in a freestyle combat Mashup workout. Using mixed martial arts techniques, from karate Muay Thai and Boxing! All sweat no mercy with Helen.		
11:00 - 11:45	ZOOM Room 1	Panache Dance Fitness – Feel the Magic of moves and tunes as you enter the world of movie, stage and screen and get moving with Barry Kinder .	All	
11:00 - 11:45	Facebook Group Live	Beach Barre Workout with Ali Green Join in a great Barre session with logical sequences and movements that work in perfect harmony for the body and Ibiza blissed sounds.	All	
11:00 - 11:45	Facebook Group Live	Kettlebell time with 'KB HIIT' with Anoushka Moore . A great condition class as Anoushka mixes a high energy blend of kettlebell exercises and combat martial arts moves.	All	
11:00 - 11:45	Facebook Group Live	'Drum' Release the Rock star in you! In this fun packed session using a fitball or the kitchen table with Vanessa Robbins-Tyers . As she teaches you a drumming routine building up to a rockstar finale. Get ready to rock!	All	
11:15 - 12:00	ZOOM Room 2	The Flying Scotts Man – Step back In time with Scott Miller – Join in a fab 80's sounds Step session with Scott. You will need a Step or Square space on the floor .	All	
11:15 - 12:00	Facebook Group Live	Phat 'n' Phunky with the fabulous Kat Smith . She will move and groove with you taking you on a House journey or sounds to give you that feel good factor and anyone can dance.	All	
11:15 - 12:00	Facebook Group Live	Zumba shake up with Julie Bisset . She will make your body move and groove to those great Zumba beats.	Family	
11:30 - 12:15	Facebook Group Live	TPP Legs Bums n Tums on Step with Eileen Dixon . A great combination of using the step for body conditioning and a fascia stretch n release on spikey balls.	All	
11:30 - 12:15	Facebook Group Live	Freestyle Hula Hooping Class . Time to be a child again and grab a HOOP for a UK Hooping session with April Drackford and Jacqui Smith . Learn a new skill and fun routines for all! You need a light Hula hoop and make some space!	All	
11:30 - 12:15	Facebook Group Live	Step-ology – Wake up with Gina King . Join in a body grooving fusion of step combinations to get the body and mind thinking. If no step, tape an oblong on the floor.	All	
11:30 - 12:15	Facebook Group Live	Raggaton Dance with Rob Sharpe . Join in a spicy infectious session with easy to follow raggaton dance class fusing dance styles leaving you wanting more.	All	
11:30 - 12:15	Facebook Group Live	Seriously Sassy Chair with seriously sassy Suzie Hopkins . Find a chair and with Suzie you will do more than sit on it.	All	

11:30 - 12:15	ZOOM Room 3	'WHOOOP' –There are no wrong moves just follow Emily Watson , in a mega dance mix from Swing, Street, to Afrobeat. To shift you out of the afternoon slump.	Family	
11:30 - 12:15	Facebook Group Live	MeggaBall Garden Party - Join Winston in the Sunshine with a Big FitBall bounce workout. As you pulsate to Dance hall vibes a core toning bounce workout to Reggae beats with creator Winston Squire .	All	
12:00 - 12:45	ZOOM Room 1	Broadway Boogie is a high energy dance fitness workout inspired by Broadway and musical theatre from stage and screen. You can dance, sing and express yourself while working out to all your favourite musical melodies, with Steph Smith .	Family Session	
12:00 - 12:45	Facebook Group Live	Aerolatino Salsa Time with Jeff Davila and Tori Lynch - A fusion of Latin American Rhythms that are fun and easy to follow	All	
12:00 - 12:45	Facebook Group Live	Power Pilates - Pilates Intervals training with Vanessa Declercq of Soul Central Pilates . Combination of working large global muscles to increase intensity with the core foundation of Pilates! Using light hand weights or water bottles to tin cans. No rest just an intense upper body - lower body combined with classic mat work.	All	
12:15 - 13:00	Facebook Group Live	Poolside Barre from Florida , Enjoy a flowing dynamic Barre session to floor work for a great toning session in the Florida sunshine with Sarah Deeley Porter in the USA.	All	
12:15 - 13:00	ZOOM Room3	" Women Like Me " Feel sassy, strong, passionate, and powerful with inspiring music and commercial style choreography. It is Dance your butt off time with the fabulous Helen Carpenter Waters as she brings you a great DYBO session.	All	
12:30 - 13:15	ZOOM Room 3	From Athens ' Patio Pilates ' – Michael King of MK Pilates brings you from Greece a Sunshine moment with Pilates outside in on a dynamic, flowing MK Pilates session.	All	
12:30 - 13:15	Facebook Group Live	MK Pilates Small Ball Workout – with Malcolm Muirhead of MK Pilates . Using the Pilates ball for a session to challenge your core, release your spine and enhance your balance full of power and grace, with the fabulous Malcolm of MK Pilates.	All	
12:30 - 13:15	Facebook Group Live	Strengthen those Bones – Let Alison Farrel take you on a conditioning journey to tone and strengthen your body. Use light hand weights to water bootles as weights, have a mat for a great session with Alison.	All	
13:00 - 13:45	ZOOM Room 1	Our Farewell Session all the way from Malaysia – ' Zumba Party with David Velez ' In a non stop fun Zumba session with the amazing David Velez from Columbia, filming from Kuala Lumpur, Malaysia. He is the Zumba® Education Specialist (ZEST™) for South East Asia.	All	
13:00 - 13:45	Facebook Group Live	KICK FUSION Join in with Unnur Pálmars she will get you moving from Iceland with her fab Kick Fusion fight Workout. Where your strength, flexibility, balance, mobility and power just grows in this Masterclass. A mix of kickboxing combined with TABATA & the newest tunes.	All	
13:45 - 14:00	Facebook Group Live	Farewell Thank You – from Lydia, Melissa, and Team		

FitCamps World is going live back at Ribby Hall for its 31st year – November 5th, 6th, & 7th. Book your weekend pass early at £99 with discount code FCW21. You get £10 off the early bird £99... please note accommodation is booked separately direct with Ribbyhall.co.uk