

FitCamps World is Back live at Ribby Hall 5th–7th November 2021 [Timetable v9]

Please note the Timetable can change due to circumstances beyond our control!

REGISTRATION STARTS FROM THURSDAY 7:30pm – 9:30pm / Friday 8:00am – 7:00pm / Saturday 8:30am – 10.30am / Sunday 8:30am – 9:30am

The Pilates Fascia Focus Friday day pass includes FitCamps sessions from 4pm, but please book on the Fascia Friday link if you only want these sessions.

Please Note – Educational Sunday trainings are at an extra cost to book separately with the Training Company – please see their company website.

FitCamps World Educational Sunday will have MK Pilates, Aerolatino and Water Fitness Instructor training.

Friday	Pool AquaCamp	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Friday
10:00 – 10:45		MK Pilates Matwork Flow with Michael King. In a great session to start the weekend join in a flowing MK Pilates session with the King of Pilates, Michael, as he brings you this brilliant MK Pilates matwork session. No equipment, just you and the floor.	Kettlercise Combat-MX with Anoushka Moore. A high energy blend of kettlebell exercises and combat martial arts moves	Welcome to The Circle – Join in Energy Flow Circle workout with Vanessa Robbins-Tyers. A mat based conditioning class using a yoga ring for resistance and support to tone and strengthen as you flow from one move to the other in this upbeat session.		The Foot-Knee-Hip Connection with Sarah Jane Walls. A Bio-Mechanics Specialist and Podiatrist. This session is ideal for Pilates/Yoga Instructors and Therapists. A look at bio-mechanics how the foot works in the gait cycle. Giving you an insight and tools for your clients and classes. Linking posture/ bio-mechanics and pilates. Part One: Theory.		Register at Harrison's Bar for the Pilates Fascia Focus from 09:00. We are starting at 09:30 with a welcome from Lydia.	10:00 – 10:45
11:00 – 11:45		TPP Body Work Time with Lydia Campbell of Trigger Point Pilates. Let's roll, release, stretch, open and ease your body out in this TPP session with spikey balls, bands to rollers.	Warrior Stomp with Dominique Parlatt of Warriors. 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.	KONGA® with Amy Bobbins Join in an easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. KONGA® is designed to be super inclusive for all shapes, ages, sizes and of course those who have two left feet.	Vi-box with Olivia Clarke – Join in a punch and knee strike class like no other. Using pads and gloves, you will get the ultimate partner boxing workout to music!	The Foot-Knee-Hip Connection with Sarah Jane Walls. A Bio-Mechanics Specialist and Podiatrist. This session is ideal for Pilates/Yoga Instructors and Therapists. A look at bio-mechanics how the foot works in the gait cycle. Giving you an insight and tools for your clients and classes. Linking posture/ bio-mechanics and pilates. Part Two: Practice.		Fascia Friday Workshop. The power of your breath – an anatomical insight into breathing with a fascia focus in matwork with Malcolm Muirhead of MK Pilates. Discover how to use the breath and the power of the breath for the connections of the fascia domes. Are you focusing and cueing you client to breathe with ease for more forceful breathing in certain exercises? Breathe laterally with ease? Do you know the effect of nasal breathing versus mouth breathing for the diaphragm?	11:00 – 11:45
12:00 – 12:45		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.	Step Fury with Jo All. Join Jo in this intermediate freestyle step that will have you dancing non stop on the step and around. With brand new choreography and exciting rhythms.	SH1FT FITNESS brings you M1ND with master trainer Rachel Tunstall. A fab vital functional stretching, mobility and stability session for the non-yogis.	Vibe Dance Aerobics with Olivia Clarke. Great basic aerobic moves with the Vibe twist – a fusion of different dance genres, focusing on simplicity, fun and fantastic music. This is a great feel-good aerobic workout! Intermediate level.	Understanding the Post Rehab Client and Fascia Pain - Lydia Campbell. Starting at 12:15 this workshop gives an understanding of your client's referral pain - scar tissue, joint to pelvis, or sciatica pain. Using equipment can help ease the pain. Discover key factors working with your post rehab client.			12:00 – 12:45
13:00 – 13:45		XENA Ultimate Warrior: Release your inner warrior goddess with Dominique Parlatt of Warriors. From combat, resistance bands to dance this class encompasses every moment of the warrior journey. Power, strength and empowerment through music. Come and release your roar with the Warriors!	SHIFT FITNESS R1ZE with Steps – Rachel Tunstall. A multi-dimensional functional training session. Level up your training with a modern take on a classic piece of kit. In R1ZE the step can be anything - from jump box to exercise bench, to obstacle. You'll utilise multi-dimensional functional movements for a full body interval blast.	Aeroblast with Caroline Ash. Join in a mega mix of hi / lo aerobic dance sessions that anyone can do, to a medley of music through the ages.	Aerolatino Welcome Salsa Time with Jeff Davila and Tori Lynch - A fusion of latin moves full of American Rhythms that are fun and easy to follow. That will keep you smiling and laughing all the way as you move those hips!				13:00 – 13:45
14:00 – 14:45		MK Rock and Soul Barre with Michael King: Feel the rhythm of the beat and Michael takes you on a musical journey, as you feel power of the core strength and elegance of MK Barre. This session is ideal for all your clients of all ages.	Divanomics with Zoe McNulty: The formula to becoming a diva? You WERK it out! It's an empowering, easy, follow-along dance class, set to super-sassy songs which urge you to unleash your inner diva and feel fabulous in the skin you're in.	SH1FT FITNESS brings you L1FT with master trainer Rachel Tunstall. A functional training session of Strength and Conditioning to build a strong and healthy body. Hand weights are used – you can bring your own!	Bikes set up	Stretch-Body Training brings you Piede Pilates with Catherine Fowler- a group session designed to encourage barefoot movement and improve foot dysfunction. "Hey Pilates teachers, when your customers remove their socks and shoes, what do their feet look like?" Train to teach Piede Pilates and become part of the barefoot movement. ActiveIQ endorsed.	MK Pilates – The Foundation Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		14:00 – 14:45
15:00 – 15:45		Panache Dance Fitness with Barry Kinder – a showbiz style full body workout featuring iconic soundtracks from both stage and screen... come and step into the Spotlight with the brand creator, Barry Kinder.	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!	Simply SOSA Dance Fitness with Simon Keay SOSA PRO Trainer. Join in a SOSA Dance session, for all levels of ability. #Beinclusive	Carnival Ride with ICG Master Trainer Anoushka Moore – You are invited to not one, but three of the biggest parties on the planet! Our ride begins with a Caribbean vibe as we pound the pavements of Notting Hill carnival. We head over to New Orleans and light our way through dark and mysterious Mardis Gras and finish in party central RIO, so bring your whistle and your friends and let's get ready to Carnival.	TPP Sense and feel the Fascia Anatomy Connections with Lydia Campbell of Trigger Point Pilates. Discover the connections of Fascia movement and how to open up the blocks our bodies and your clients feel. It is not about perfect positions, it is about a body self-correcting fascia blocks from within – where and why we have chronic pain. This session is an introduction to TPP Sense body restorative work and will use equipment.	MK Pilates – The Stretch Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		15:00 – 15:45
16:00 – 16:45	HydroJump- an aquatic trampette workout with Nataliya Graham.	Commercial Dance with Jo Ali. Let's jam with the newest sounds around. Join in a mega mix of dance, jazz, modern to sassy. Fun for all to do, no experience needed!	Aerolatino Step with Jeff Davila - A fusion of latin moves full of American Rhythms that are fun and easy to follow. That will keep you smiling and laughing all the way as you move those hips!	Seated SOSA / Simply SOSA – Dance Fitness with Simon Keay SOSA PRO Trainer. Join in a special inclusive seated dance session, for all levels of ability. #Beinclusive	MyRide – Experience Argentinian Adventure with ICG Master trainer Ross Phillips. Get ready for the road! The Friday commute out of the bustling Argentine capital city, Buenos Aires, into the mountains before returning to the capital city to begin your FitCamps Cycle weekend.	TPP Big Balls and Little Balls with Vanessa Robbins-Tyers. A great Trigger Point Pilates session on balls. Using the pilates ball and spikey balls. Lots of ideas for the core and strength combined with TPP fascia body work.	MK Pilates – The Dynamic Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		16:00 – 16:45
17:00 – 17:45	Hydrorider - Aqua Cycling Workout with Ryan and Nataliya Graham.	Themed Aerobic Welcome with the king and queen of Aerobics – Steve Watson and Rachel Tunstall. Let's get back to fun with this dynamic duo, as you experience a hi-low dance fitness aerobics.	Step For Ever with Alistair McMeecham. Join a fun, uplifting step with simple blocks of choreography ending in a fabulous finale.	Seriously Sassy Chair workout with seriously sassy Suzie Hopkins. Find a chair and with Suzie you will do more than sit on it.	Vibe Cycle Welcome meet the Vibe Team headed by Olivia and Delvin for a fantastic fun motivation – a ride to rid you of the week and let off steam in this fab Vibe cycle welcome.	Trigger Point Pilates Roller Focus Body Work – Lydia Campbell will use the roller for posture and stretch exercises including partner assisted spine work in this TPP session with Rollers, Bands and Balls.	MK Pilates – The Flow Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		17:00 – 17:45
18:00 – 18:45		FunkFit welcome Party - JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Vibe Step Party Let Olivia Clarke of Vibe Fitness. Rock you with this motivating Vibe Step that all levels can do.	Zumba Dance hall drop time with Julie Bisset. She is wild and will get you moving in every way possible. Do not miss this Zumba Woman.	Vibe® Party Ride - Vibe Cycle	YogaLates - Vikki Gamblen brings you a mega mix of two body work disciplines to strengthen the core and inner balance.	MK Pilates – The Rhythm Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		18:00 – 18:45
19:00 – 19:45		Join in the Extended FunkFit Welcome Party with JP Omari and the fantastic dance presenters, then to the bar afterwards for a cooling drink!	Pure Stretch – unwind from the week and today with Vikki Gamblen. Nothing better than a good stretch.	Muay Thai Madness Combat Workout with Helen Hawkins. Join in a freestyle combat workout based around Muay Thai techniques! Get ready to smash your way into FitCamps with this power combat madness.		Sambaddha Yoga with Sara Fahki – An embodied journey through the elements: Meditation, Breathwork, Dance, Vinyasa, Yin yoga, Affirmation. We travel through the elements to connect back to ourselves through stillness and movement medicine. (Sambaddha is Sanskrit for 'connection')	MK Pilates – The Foundation Reformer Studio Class, with Michael / Malcolm. Reformer classes are all the rage in the major clubs. This is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		19:00 – 19:45
Friday	Pool AquaCamp	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Friday

Saturday	Pool AquaCamp	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Saturday
08:00 – 08:45		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.	Mace Training with Robert Sharpe. Train like an ancient Hindu warrior with the Steel Mace as your weapon of choice. Swing, Squat and Spear to strengthen your entire body, then gracefully flow to find your connect your mind and movement. This session you need to book as limited space.			Pilates Rejuvenation with Carroll Locke. All Rejuvenate your body using internal stabilising muscles to target posture, balance and core strength. Open your body and ease into the exercises. By the end you should feel toned, longer, stronger and ready to take on the day. Renew, refresh, rejuvenate.			08:00 – 08:45
09:00 – 09:45		Trigger Point Pilates floor to standing - Discover fascia bodywork From Lydia Campbell creator of TPP. To lengthen and strengthen as you release chronic nagging pain. Using TPP balls to rollers.	Functional Step n 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.	Vi-box – Join Olivia Clarke in a punch and knee strike class like no other. Using pads and gloves, you will get the ultimate partner boxing workout to music!	Vibe® Power Ride - Vibe Cycle	Energy Flow Conditioning Bar with Vanessa Robbins-Tyers. Join in a conditioning session using a bar with resistance bands attached to the bar, with a focus on upper and core for all overbody work.	MK Pilates – The Foundation Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		09:00 – 09:45
10:00 – 10:45	AHIIT- Aqua High Intensity Interval Training with Charlotte Forde	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session. Kylie Gracey-Bond	Tri- Fit Circuit with Glyn Page of FITNET will get you moving in this aerobic, Step, Combat toning combo workout.	Aerolatino Salsa Time with Jeff Davila and Tori Lynch - A fusion of latin moves full of American Rhythms that are fun and easy to follow. That will keep you smiling and laughing all the way as you move those hips!	Vibe® Advanced Transitions - 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.	MK Pilates – The Stretch Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		10:00 – 10:45
11:00 – 11:45	HydroJump- an aquatic trampette workout with Lindsey Humble	Lift Up with Zoe McNulty. A fusion of dance for the Soul, Mind and Body energy that will take you higher and higher .For all abilities of fitness just come and be yourself.	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.	Phat 'n' Phunky with the fabulous Kat Smith. A fun groovy class with a twist ! Let's go on a journey. Anyone can take part, wherever you're from, whatever your shape size or age. Feel good in your own skin and release your soul.	Vibe® King of the Road - Delvin Clarke and the Vibe Cycle team	Afro Beats. Joanna Weintritt is going to have you dancing hip shaking as you feel the beat, and find your rythmn and shake.	MK Pilates – The Dynamic Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		11:00 – 11:45
12:00 – 12:45	Hydrorider Girls Power Aqua Cycling Workout with Nataliya Graham and Charlotte Forde.	Funked Up House Dance - Nikki Riozzi and crew takes you on a journey of house moves to leave you vibing inside until next time!	Bolly Wood Magic - Bhangra Time with Sunny Singh. Join in a Eastern dance journey to fabulous sounds and moves a session full of laughter and refershing energy with the wonderful Sunny Singh.	Body Blitz - Vikki Gamblen Brings you a fab non-equipment class using your body weight to tone and condition.	Vibe® Power Ride - Vibe Cycle	Stretch-Body Training brings you Piede Pilates with Catherine Fowler – a group session designed to encourage barefoot movement and improve foot dysfunction. "Hey Pilates teachers, when your customers remove their socks and shoes, what do their feet look like?" Train to teach Piede Pilates and become part of the barefoot movement. ActiveIQ endorsed.	MK Pilates – The Flow Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		12:00 – 12:45
13:00 – 13:45	Aqua Lunch Break	MK Pilates Matwork Flow with Michael King. In a great session to do to start the weekend join in a flowing MK pilates session with the King of Pilates, Michael. He brings you this brilliant MK Pilates mat work session. No equipment just you and the floor.	Broadway Boogie Wake up 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.	Fit4Tap – Join creator Sue Hudson for a Fun Funky dance fusion of tapping feet. "Don't work it, just Dig IT!" says Sue.		Divafit Heels with Tara Fraser – Join in a sassy session with new mama Tara Fraser, to make you feel fabulous about yourself as you move, strut and dance with your heels.		Power Walking with The Pro X Walker Bart Piotrowicz - Time for some fresh air. Walking is the best medicine. Experience an outdoors session for your heart and core. Tone your upper body as you burn the calories and enhance your circulation. Power walk is a great functional class to teach – learn from Master trainer, Bart Piotrowicz.	13:00 – 13:45
14:00 – 14:45	Aqua Lunch Break	Start the Party with Tribe Dance fitness with Amy Bobbins . Let's party our way into the weekend with this super fun, feel good dance fitness session! Imagine fresh hits, - cheesy tunes and super simple fun moves... YOU'VE GOT IT!	MK Sliding Pilates - Malcolm Muirhead. Experience a Pilates glide session. Malcolm brings you a dynamic Pilates session using gliders to enhance flexibility to core strength.	TPP Conditioning on Balls with Eileen Dixon. A great combination of LBT body conditioning using the pilates balls to tone and stretch you out as you lenthen your fascia!	Drag Race with ICG Master Trainers - Annoushka Moore and Ross – Let's kick off the afternoon and start your engines for your very own drag race. Let the best woman win... dress up optional.	SupaFresh Dance choreo Hip Hop - Helen Martin. A fab dance session for anyone to do – simply feel the rhythm and move.		Power Walking with The Pro X Walker Bart Piotrowicz - Time for some fresh air. Walking is the best medicine. Experience an outdoors session for your heart and core. Tone your upper body as you burn the calories and enhance your circulation. Power walk is a great functional class to teach – learn from Master trainer, Bart Piotrowicz.	14:00 – 14:45
15:00 – 15:45	Aqua Zumba- Latin Fun Aquatic Dance Workout with Shakeel Hussain	Clubbercise - lets have a party with a high energy dance fitness class in the dark with glow sticks and disco lights with Jo Parry.	Chair Sass with the brand creator of Panache Dance Fitness, Barry Kinder - join in the session and feel like a showgirl, choreography suitable for everyone. Let your hair down and let yourself go.	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.	Vibe® King of the Road - Delvin Clarke and the Vibe Cycle team	Diva Athems with Tara Fraser. Join in a dance fitness session to unleash that inner 'Diva' – get ready to party DivaFit - UK style.	MK Pilates – The Stretch Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		15:00 – 15:45
16:00 – 16:45	Aqua Rez Discs - using high intensity drag kit to create a pump up style workout Ryan Graham	Glo Beats n Twerk' - Sunny Singh and Sarah Fakh. Dress up and get on the glo paint. To join in the dark a fabulous fun session let your inhibitions go with the rythmn and shaking. As Sunny and Sarah take you on a great dance and movement journey.	Warrior Stomp with Dominique Parlatt of Warriors. 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.	Pulseroll Good Vibrations with Carroll Locke. To ease tight muscles and enhance your movement. Plus experience the Pulseroll Gun to reach those tight deep muscles – great for a massage. Come and join Carroll in a fab Vibration session.	Vibe® Imagery - Delvin Clarke and Vibe Cycle team	TPP Chi Restore Session with creator, Lydia Campbell. To ease out from an amazing day with the a sound bath as one unwinds and relaxes in this wind down session. Including hands-on fascia self body work and breathing to energise your system.	MK Pilates – The Dynamic Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		16:00 – 16:45
17:00 – 18:00	Hydrorider Girls Power Aqua Cycling Workout with Nataliya Graham and Charlotte Forde.	FunkFit- JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Step Party with Alistair McMeecham. Come and smash the step in a fun high energy session. Join a fun, uplifting step with simple blocks of choreography ending in a fabulous finale.	Pulseroll Good Vibrations with Carroll Locke. To ease tight muscles and enhance your movement. Plus experience the Pulseroll Gun to reach those tight deep muscles – great for a massage. Come and join Carroll in a fab Vibration session.	Vibe® Party Ride - Vibe Cycle	Silent Energy Flow Immersion 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 using headphones.	MK Pilates – The Rhythm Reformer Studio Class with Michael / Malcolm. Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		17:00 – 18:00
Saturday	Pool AquaCamp	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Saturday
21:00	FitCamps Awards and Party — Our Party Theme: RU Paul								21:00

Sunday	Pool AquaFocus	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Sunday
08:00 – 08:45		HIIT House - Totally Shredded by Dean Heitman - HIIT workout that will leave you wanting House music all weekend with Amy Bobbins	Mace Training with Robert Sharpe . Train like an ancient Hindu warrior with the Steel Mace as your weapon of choice. Swing, Squat and Spear to strengthen your entire body, then gracefully flow to find your connect your mind and movement. This session you need to book as limited space.			Buti Yoga with Master trainer Sarah Fikhi . Buti Yoga is a fusion of Dynamic Yoga postures, cardio intensive bursts, tribal dance movement and primal movement. This freedom of movement and breath allows you to feel free by flowing to the music. We find our creativity, truth, positivity and soul connection to heal ourselves from the inside out through this practice.			08:00 – 08:45
09:00 – 09:45	Deep and Shallow Aqua Instructor Training with Water Fitness UK, 9am-5pm. Book direct on www.waterfitness.co.uk or tel: 0143 7457 503 .	Broadway Boogie Wake Up 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 .	PYB with Naomi Di FABIO . PYB Pilates Yoga Barre . The perfect mix to restore from Saturday night – a mega mix for a great Sunday morning wake up.	Pulseroll Good Vibrations with Carroll Locke . To ease tight muscles and enhance your movement. Come and join Carroll in a great Vibration session.	Wonderland Ride with ICG Annoushka Moore - Welcome to the colourful world of Wonderland. As we follow Alice down the rabbit hole chasing a white rabbit, there are many twists and turns on our adventure, we must climb to befriend a Cheshire Cat, race to the Mad Hatter's Tea Party and take on the Queen of Hearts. Tick tock...we can't be late, late for an important date!	Shakira Theme 'Dance Hitt Wake Up' – Join Joanna Weintritt in a dynamic expressive sweaty and fun session, which combines the four elements of fitness to some great sounds.	MK Pilates – The Foundation Reformer Studio Class with Michael / Malcolm . Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		09:00 – 09:45
10:00 – 10:45	AHIIT - Aqua High Intensity Interval Training with Lindsey Humble .	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 .	Panache Dance Fitness – This workshop you'll be learning amazing choreography from Moulin Rouge, such as 'Diamonds are a Girl's Best Friend', 'Can Can Can' and maybe a little surprise too. Come and Dance - Sing - Shine with Barry Kinder .	Danceography with Zoe McNulty – Find The X Factor in you. Join in a Sassy Powerful commercial dance routine. Is the X Factor backing dancer in You? When it comes to audition time, you'll shine brighter than the star.	My Ride Northern Exposure . Get on the road with ICG Ross Phillips . Be transported using captivating forward motion video footage to take you through North America exploring leafy trails, rocky roads and dirt tracks! A visual experience on this cycle journey.	Phat 'n' Punky with the fabulous Kat Smith . A fun groovy class with a twist! Let's go on a journey. Anyone can take part, wherever you're from, whatever your shape, size or age. Feel good in your own skin and release your soul.	MK Pilates – The Dynamic Reformer Studio Class with Michael / Malcolm . Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.	Power Walking with The Pro X Walker Bart Piotrowicz - Time for some fresh air. Walking is the best medicine. Experience an outdoors session for your heart and core. Tone your upper body as you burn the calories and enhance your circulation. Power walk is a great functional class to teach – learn from Master trainer, Bart Piotrowicz.	10:00 – 10:45
11:00 – 11:45	Functional and Fun water workout with Shakeel Hussain .	90's Club Classics (House Dance) - Nikki Riozzi and crew takes you on a dance journey to leave you vibing inside until next time!	POUND, Sweat, Sculpt and Rock - The infectious, energizing fun of drumming! A full body cardio jam session. Kylie Gracey-Bond .	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	ICG Instructor Training workshop.	Urban Pilates with Carroll Locke . Shake off the Party with this rhythmic and strong pilates mat session.	MK Pilates – The Stretch Reformer Studio Class with Michael / Malcolm . Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		11:00 – 11:45
12:00 – 13:00	WF Aqua Deep Water using Flotation Equipment with Nataliya Graham .	FunkFit Party Farewell - JP Omari Is back again with a fab medley to end your week! it's a non stop grooving and dancing to uplifting Funk, Soul, Disco and Motown tunes!	MK Pilates Restorative Stretch with Michael King for all. Followed by MK Pilates Update Workshop. New exercise sequences to matwork technique based on the pilates apparatus.	Aerolatino Salsa Time followed by instructor training with Jeff Davila and Tori Lynch - A fusion of latin American Rhythms that are fun and easy to follow a fab class to teach and great brand that was so popular in Lock down . If you want to become an Aerolatino Instructor you need to book direct with Tori at aerolatino@gmail.com or 07725 178108 .	ICG Instructor Training workshop.	Eastern relaxation Stretch . Join Sunny Singh in a Bollywood themed music cool down relaxing stretch.	MK Pilates – The Stretch Reformer Studio Class with Michael / Malcolm . Reformer classes are all the rage in the major clubs this is a vast market. Come and experience this fabulous themed class. Please sign up to reserve your place on the MK Pilates Stand.		12:00 – 13:00
Instructor training additional cost	Deep and Shallow Aqua Instructor Training with Water Fitness UK 9am-5pm. Book direct on waterfitness.co.uk 0143 7457 503	STAGE DISMANTLE	Workshop Update with Michael King of MK Pilates . Plus Size Pilates: Matwork Workshop Sunday, Nov 7th: 13.00-17.00. How do you approach working with a Plus Size client? Whether it is an above average height client or a client carrying excessive weight this workshop will discuss the challenges we all encounter as teachers to get this right. Extra cost to book direct with info@mkpilates.com 13:00 to 17:00	Aerolatino Salsa Time followed by instructor training with Jeff Davila and Tori Lynch - A fusion of latin American Rhythms that are fun and easy to follow a fab class to teach and great brand that was so popular in Lock down . If you want to become an Aerolatino Instructor you need to book direct with Tori at aerolatino@gmail.com or 07725 178108 .	ICG Instructor Training workshop.	POUND, Workout Rockout Instructor Training . Book direct www.poundfit.com . (additional cost) email audrey@poundfit.com	MK Pilates – The Reformer 3D Spine Workshop . Sunday, Nov 7th: 12.00-17.00 Come learn with Malcolm Muirhead how, with a reformer as your tool, you can target all planes of movement in the spine to reach a healthy and mobile spine that is the goal of any Pilates teacher. All are achieved without the stresses and strains that can be a challenge on the Mat. Plus Size Pilates: Matwork Workshop . Extra cost book direct on info@mkpilates.com 12:00pm to 17:00pm		Instructor training additional cost
Sunday	Pool AquaFocus	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar	Sunday