

FitCamps World • RibbyHall • November 4th-6th 2022 (v8b)
Uniting the best to move you Inspire, Motivate and Educate you

**Please Note: Certain sessions can change due to circumstances beyond our control.
 Some equipment sessions need to be booked. Sign up sheets are available.**

REGISTRATION STARTS FROM THURSDAY 7.30pm-9.30pm / Friday 8.00am-7.00pm / Saturday 8.30am-10.30am

The Pilates Friday Day Pass includes FitCamps Sessions after 4pm.

**Please Note: Educational Sunday Trainings are at an EXTRA Cost
 Book separately with the Training Company – please see their company website, email or call to book.**

Educational Trainings on Sunday: Pound, Aqua Shallow to Deep, Bungee Fit Aerial, and Aerolatio Instructor Training.

FRI	Pool	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar
10:30 ↓ 11:15		Trigger Point Pilates – Welcome Body Restore Spikey Balls and Bands with Lydia Campbell and team, a great start to the weekend that unwind your body of tension you do not need!	Step Welcome with Riozzi House Steppe . Join Nikkie to start the weekend as Nikkie uses all her favourite step combos with the best house beats around!	Raggaton - Welcome from Robert Sharpe. Shake off your travels and feel the vibe from Puerto Rica to Jamaica in this easy to follow spicy dance moves.	The latest research on Fascia from World Fascia Congress in Canada with congress Presenter Gary Carter of Natural bodies and fascia anatomist recently presented at the convention with the Cadaver FR:IEA.	The fitness aerial flying experience Bungee Fit with Kat Bailey . Come and float above the ground Mission Impossible style! This session you need to book places limited.	Pilates Rehab for The Spine - Join Sarah-Jane Walls of The Rehab Hut for an introductory workshop training to working with clients with spine conditions. Please sign up to reserve your place.	
11:30 ↓ 12:15		KONGA® Welcome 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.	Funky Step join Dominique Parlett 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.	Vi-box with VIBE TEAM - Join in punch and knee strike class like no other. Using pads and gloves, you will get the ultimate partner boxing workout to music!	Natural Bodies Myofascia and Movement – the Bodies Connection with Gary Carter of Natural Bodies. A fascia anatomist and lead dissector and designer of the Full Body Exhibition .	The fitness aerial flying experience Bungee Fit with Kat Bailey . A fun aerobic workout with a twist! Come and float above the ground Mission Impossible style!	Pilates Rehab for the Foot and Ankle . Join Sarah-Jane Walls of The Rehab Hub for an introductory workshop training to working with clients with Orthopaedic foot and ankle conditions. Please sign up to reserve your place.	Please Note: This session starts at 11:45. Trigger Point Pilates The Fascia Woman . An update with Lydia Campbell . Discover how to help your clients from SHHT! to Evolve the menopause programme.
12:30 ↓ 13:15		Kinky Boots Conditioning Join Glyn Page In this fabulous conditioning session in heels, based on the best musicals and movies of all time. Please note you can take class without heels but they do work your body like nothing you have experienced.	Aerolatio Step with Jeff Davila - Join in 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!	SHIFT FITNESS brings you L1FT with master trainer Rachel Tunstall . A functional training session of Strength and Conditioning to build a strong healthy Body using hand weights.	TPP Fascia Yoga Flow . Welcome with Vanessa Robbins-Tyers . A great Trigger Point Pilates session that focuses on the Asana positions using the Pilates ball and spikey balls combined with TPP fascia body work.	The fitness aerial flying experience Bungee Fit with Kat Bailey . A fun aerobic workout with a twist! Come and float above the ground Mission Impossible style! This session you need to book, places limited.	Mace Training with Robert Sharpe . Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space.	Please Note: This session is only 30 minutes. The TPP Chair class with Lydia Campbell . Ideal for your clients who cannot get to the floor to benefit from TPP.
13:30 ↓ 14:15		House is a feeling let's 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. Bringing the sunshine inside and taking the roof off !	Stick or Twist Anoushka Moore – Strengthen your body in this weighted conditioning session with a house music vibe in this full body session. Noush is going to make sure that each exercise works for the beginner to advanced swinger!	Bikes set up		GroovX Fitness - Come and experience GroovX Fitness with co-founder and presenter Lisa Hillier . Lisa will be showcasing a variety of workouts from the 8 GroovX formats including Box, Stix, Flow and much more!	Mace Training with Robert Sharpe . Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space.	
14:30 ↓ 15:15		Let's get high! with Steve Watson in this aerobic welcome session. A mega mix of high/low dance aerobics that anyone can do.	Welcome to Step Dance with Jo Ali . An intermediate Freestyle step that will have you dancing nonstop on the step and around to exciting rhythms.		TPP Mobility Glide and Balls with Eileen Dixon Fascia loves dynamic range of movement. Combine massage and gliding work for mobility class that anyone to do.	Konfidence with Kat Smith - Bring the heat to the dance floor and say hello to the confidence inside you that's screaming to get out! Even though the class may be 45 mins long, the feeling will last forever.	Pilates Posture Workshop – Part One . Discover the Clinical Pilates way with Sarah-Jane Walls of the Rehab Hub . Gain an insight to posture deviations, what the body is telling you and how to help with clinical Pilates.	
15:30 ↓ 16:15	Hydropole - Aquatic Pole core & upperbody strength workout with Nataliya Graham	Panache Dance Fitness with Barry Kinder – a showbiz style dance workout, featuring iconic soundtracks from both stage and screen lots of different dance styles that are easy to follow and suitable for all. Come and step into the spotlight.	YogaPower Lates - Vikki Gamblen Brings you a mega mix of two body work disciplines to strengthen the body and find balance.	Cycle – TidalWave – Anoushka Moore A climb-based session will maintain your power, then tidal wave to the beach bar. We head over to New Orleans to Mardis Gras, so bring your whistle and let's get ready to Carnival.	ROLLER Fascia BodyWork Time with Trigger Point Pilates with Caroline Ash . Let's roll, release, stretch, open and ease your body out in this TPP session with rollers and balls.	SHIFT FITNESS brings you M1ND with master trainer Rachel Tunstall . A Fab vital functional stretching, mobility and stability session for the non-yogis.	Pilates Posture Workshop – Part Two . Discover the Clinical Pilates way with Sarah-Jane Walls of the Rehab Hub . Gain an insight to posture deviations, what the body is telling you and how to help with clinical Pilates.	
16:30 ↓ 17:15	Hydrorider Aqua Cycling - indoor underwater cycling workout with Ryan Graham	FunkFit Welcome Party - JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Vibe Step Party – The Vibe team are bringing Vibe Fitness Step . Get ready to Rock with this motivating Vibe Step that all levels can do.	Cycle - Orchestral Beats - 50 Min Ross Philipson / Anoushka Moore Kick off your FitCamps weekend to the music by Pete Tong Ibiza classics with a full visual and lighting display to create a 360 degree uplifting experience.	Seriously Sassy Chair workout with seriously sassy Suzie Hopkins . Find a chair and with Suzie you will do more than sit on it.	Beauty Barre with Nikkie Riozzi - Barre made into beautiful movement routines. Be centre stage as a Prima Ballerina and feel gorgeous from head to tippy toes!	Mace Training with Robert Sharpe . Train like a Hindu warrior with the Steel Mace. Swing, Squat and Spear to strengthen your mind and body. This session you need to book as limited space.	
17:30 ↓ 18:15	Bollywood Aqua Dance Choreography on therm music – Shakeel Hussain .	Lycrical Jam with Jo Ali Let's jam with the newest sounds around in a great commercial dance session. Fun for all to do no experience needed!	Join Step Master Steve Watson in a 'Step Around Forever' - Let's get back to basics with a fun step class designed to keep you moving and not losing the step.	Vibe Cycle Welcome meet the Vibe Team headed by Olivia and Delvin for a fantastic fun motivational ride to rid you of the week and let off steam in this fab Vibe cycle welcome.	Dance Hall Divas with Tara Fraser . Fun and energetic dance fitness class with some sassy and sexy routines that will leave you feeling Fierce and Fabulous. Join in with mama Tara Fraser .	Trigger Point Pilates CALM with Lydia Campbell . Breathe deep and lengthen the Body the fascia way using rollers and balls. Will include partner assisted spine work in the TPP session.		
18:30 ↓ 19:15		POWER PLAY - FitCamps Mega Circuit! - with Anoushka Moore and team - Get ready to be hot and sweaty as we build up the heat using small equipment and body weight exercises in this full body HIIT playful power session.	Aerolatio Salsa Time with Jeff Davila and Tori Lynch - A fusion of Latin American Rhythms. If you want to become an Aerolatio Instructor book direct with Tori email: aerolatio.tori@gmail.com or 07725178108	Vibe® Power Ride - Vibe Cycle team take you on a power ride journey.	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 head phones.	Yoga by candlelight - with Stuart Pilkington . Join in a deep relaxation and rejuvenation for the body and mind session. This practice is suitable for all includes breath work, sound healing, hip and heart opening sequences.		

FRI **Pool** **Sports Hall** **Studio 1** **Studio 2** **Studio 3** **Upstairs Studio 4** **Squash Court** **Harrison's Bar**

SATURDAY

SAT	Pool Aqua Camp	Sports Hall	Studio 1	Studio 2	Studio 3	Studio 3	Squash Court	Harrison's Bar
08:30 ↓ 09:15	Aqua High Intensity Interval Training with Lindsey Humble	Yoga - Yoga Euphoria –with Stuart Pilkington and Anoushka . Its a fun dynamic flow practice with simulating pranayama, sound healing and a yoga rave – leaving you energised with yoga festival vibes !	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe . Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect your mind and movement. PLEASE BOOK.		Pulseroll Good Vibrations with Carroll Locke . Experience the Pulseroll Gun to reach those tight deep muscles great for a massage. Come and join Carroll in a fab Vibration session.	The fitness aerial flying experience Bungee Fit with Kat Bailey . Come and float above the ground Mission Impossible style! This session you need to book places limited.		
09:30 ↓ 10:15	Aqua Zumba with Shakeel Hussain .	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.	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.	Vibe® Power Ride - Vibe Cycle team take you on a power ride journey.	Pilates Rejuvenation with Carroll Locke . All Rejuvenate your body using internal stabilising muscles to target posture, balance and core strength. You will feel toned, longer, stronger and ready to take on the day.	The fitness aerial flying experience Bungee Fit with Kat Bailey . Come and float above the ground Mission Impossible style! This session you need to book places limited.	PilatesFlow with Naomi Di Fabio of Breathe Education AUZ . Naomi brings you a Dynamic Flow pilates mat session experience. One exercise to another with your whole body, and using your body weight to balance. (Not for beginners.)	Please Note: This session is only 30 minutes. TPP Chair Class with Lydia Campbell . You do not have to get to the floor to benefit from TPP.
10:30 ↓ 11:15	Hydropole – Aquatic Pole – core and upperbody strength workout with Nataliya Graham .	Trigger Point Pilates Flow bodywork with Lydia Campbell & Team . In a flowing session of TPP that will unwind your body. Using TPP kits from balls to rollers.	Funky Step join Dominique Parlett 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.	Vibe® Advanced Transitions - Vibe Cycle	Hip Hop Time – Helen Martin A fab dance session for anyone to do, simply feel the rhythm and move.	Eye of the Tiger with Helen Hawkins-Riozzi Boxing masterclass that really packs a punch! Train like you're in Rocky 4 , and don't stop till you hear the bell! THERE IS NO TOMORROW!	Rehab Reformer Spine Stretch Class . Join Sarah-Jane Walls of The Rehab Hub for a class that will help your back and core.	Seriously Sassy – Fitness Chair and stretch with seriously sassy Suzie Hopkins . Find a chair with Suzie and stretch!
11:30 ↓ 12:15	Aqua PT with Ryan Graham and Louise Stevens .	POUND – The infectious, energizing fun of drumming! A full body cardio jam session. Kylie Gracey-Bond	Join Step Master Steve Watson in a 'Step Around Forever' - Let's get back to basics with a fun step class designed to keep you moving and not losing the step.	Vibe® King of the Road - Delvin Clarke and the Vibe Cycle team.	Konfidence with Kat Smith - Bring the heat to the dance floor and say hello to the confidence inside you that's screaming to get out!	BodyWork- Vikki Gamblen Brings you a fab non-equipment class using your body weight to tone and condition.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe . Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	
12:30 ↓ 13:15	Fit and Fun Aqua Dance with David Muir .	Bollywood Magic - Bhangra Time with Sunny Singh . Join in an Eastern dance journey to fabulous sounds and moves. A session full of laughter and refreshing energy.	JAGUA with Amy Bobbins – Do not miss this Jungle Body toning class that rocks you out as you experience a mix of core training, ballet and Pilates to body sculpting.	Vibe® Power Ride - Vibe Cycle .	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.	Rumbalatin with Jeff and Tori of Aerolatio . Join in a dance fitness class with Salsa, Bachata, Cha cha etc. A mix of fire and fun with classic Latin American rhythms choreographed to steamy Latin beats.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe . Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	

13:30 ↓ 14:15	Aqua Barre with Oliver Anwyl.	Broadway Boogie with Steph Smith . A dance fitness workout inspired by Broadway and musical theatre. You can dance, sing and express yourself while working out to favourite musical melodies.	Step to the Rhythm with David Muir – Let's have a party on Step using basic step variations to build up into an advance step choreography, set to the biggest house and club sounds.	CYCLE - Top gun – Anoushka Moore & Ross Philipson 45 Mins Bring your wingman for this epic ride as we fight our way through training camp to go out and battle the Russians to find out who is the TOP Gun.	"Roar" Conditioning Joanna Weintritt Lionesses train differently to condition their body. Discover strength and core training to match females.			
14:30 ↓ 15:15	Hydrofighter Championship Rounds- 5 minute fighting rounds, with Ryan Graham and Lindsey Humble .	GETFUNKD with Nikkie Riozzi . Old skool flavour at it's best! Easy fun filled old skool hype style dance workout great for all levels! Nikkie will take you back to the golden era of Hip Hop and street dance.	Kinky Boots Conditioning . Join Glyn Page in this fabulous conditioning session based on the best musicals and movies of all time. Please note heels are optional but they train your body like nothing you have experienced before.	CYCLE -South American Adventure – Ross Philipson 55 mins. Are you ready to ride across South America as we travel from Panama to Costa Rica ? Take on this outstanding footage of natural beauty as we explore.	Move Ya Body 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.	TPP Conditioning on Balls and bands with Eileen Dixon . A great combination of LBT body conditioning using the Pilates balls to tone and stretch you out as you lengthen you fascia!	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe . Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	
15:30 ↓ 16:15	Hydrorider Aqua Cycling Girls Power with Nataliya Graham and Louise Stevens .	POP join Dominique Parlett of Warriors In the Ultimate Disco experience. You dance your way with sounds from the stars: Brittany, Pittbull, Shakira, J.Lo and Beyonce.	Copacabana workshop with Barry from Panache Dance Fitness – calling all Lola's come and join this showgirls session and feel fabulous. Suitable for everyone.	Vibe® Power Ride - Vibe Cycle	Divafit Chair Heels with Tara Fraser . Join in a sassy session with mama Tara Fraser . To make you feel fabulous about yourself as you move, strut and dance with your heels.	The fitness aerial flying experience Bungee Fit with Kat Bailey . Come and float above the ground <i>Mission Impossible</i> style! You need to book for this session.	Mace, Mind and Body (Yoga and Tai Chi based) with Robert Sharpe . Swing, Squat and Spear to strengthen your entire body, then gracefully flow to connect you mind and movement. PLEASE BOOK.	
16:30 ↓ 17:30	AQUA FUSION Party Time with all Water Fitness TEAM	FunkFit- JP Omari will have you grooving' and dancing to uplifting Funk, Soul, Disco and Motown tunes!	Clubbercise – let's have a party with a high energy dance fitness class in the dark with glow sticks and disco lights with Jo Parry	Vibe® Imagery - Olivia Clarke and Vibe Cycle Team take you on a training journey of imagination to reach your goals.	Pulseroll Good Vibrations with Carroll Locke . Experience the Pulseroll Gun to reach those tight deep muscles great for a massage. Come and join Carroll in a fab Vibration session	The fitness aerial flying experience Bungee Fit with Kat Bailey . Come and float above the ground <i>Mission Impossible</i> style! You need to book for this session.		

21:00 FitCamps Awards and Party – In Harrisons – Disney is our theme

SAT	Pool Aqua Camp	Sports Hall	Studio 1	Studio 2	Studio 3	Studio 3	Squash Court	Harrison's Bar
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SUNDAY

SUN	Pool Aqua Focus	Sports Hall	Studio 1	Studio 2	Studio 3	Upstairs Studio 4	Squash Court	Harrison's Bar
08:30 ↓ 09:15		Yoga – MOVE BREATH & CONNECT – Stuart Pilkington A holistic and mindfulness training to enhance you body awareness while training every muscle in you body to develop flexibility, core strength and balance.	Step To The Rhythm with David Muir – Lets have WAKE UP ON STEP using basic step variations to build up into an advance step choreography set to the biggest house and club sounds.			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 wearing head phones.		
09:15 ↓ 10:00	Aqua PT with Ryan Graham, Louise Stevens	Wake up to Movies and Musicals with Glyn Page to shift last night's party in this low impact and conditioning session.	Broadway Boogie Wake up to a high energy dance fitness workout with Steph Smith . Inspired Broadway to musical theatre. You can dance, sing and express yourself while working out.	CYCLE Church of House – Ross Philipson . Let's take you to church...The Church of House! Gospel house tunes to fuel your soul and you feet. Let's awaken the senses and uplift our heart on this feel good ride.	Pulseroll Good Vibrations with Carroll Locke . Experience the Pulseroll Gun to reach those tight deep muscles great for a massage. Come and join Carroll in a fab Vibration session.	If you love Zumba you will love 'Afro Vibe Beats' with Joanna Weintritt , who is going to have you dancing and hip shaking as you feel the beat, and find your rhythm and shake.		9 am Deep and Shallow Aqua Instructor Training with Water Fitness UK 9-5pm Book direct on www.waterfitness.co.uk or tele:0143 7457 503
10:15 ↓ 11:00	Aqua Duo with Shakeel Hussain and Oliver Anwyl .	Tribe Dance Fitness Farewell with Amy Bobbins . Wake up, feel good in this dance fitness session! Imagine fresh hits, cheesy tunes and super simple fun moves!	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.	CYCLE Soulful Sunday – Anoushka Moore . Ease you way into Sunday with this recovery cycle, to Soul and Motown leaving your body 'n' soul revived and uplifted.	Danceography with Zoe McNulty : Find The X factor in you. Join in a Sassy powerful commercial dance routine as the X Factor backing dancer in you, when it comes to audition time? You'll shine brighter than the star.	Peace and Breathe Partner – stretch with Eastern relaxation. Join Sunny Singh and Vikki Gamblen . A stretch and release class with a Bollywood themed music, cool down and relaxing meditative flow.		10 am POUND Unplugged Instructor Training. Registration and welcome – The infectious, energizing fun of drumming! A full body cardio jam session. With Jess McKee and Kylie Gracey-Bond .
11:15 ↓ 12:00	Aqua 3 Different Depths of Water (Shallow, Transitional and Deep) with the team. Flotation Equipment may be used.	FunkFit Party Farewell - JP Omari . Time to say goodbye in a FunkFit fab medley to end your weekend. With uplifting Funk, Soul, Disco and Motown tunes until next year!	POUND Unplugged – The infectious, energizing fun of drumming! A full body cardio jam session – with Jess McKee and Kylie Gracey-Bond	Cycle Journey to the Stars – Ross Philipson A cosmic experience with music and visuals inspired by the planets and artists. We'll take you through the cosmos and give you an unforgettable final journey of the weekend.	Aerolatino Salsa Time with Jeff Davila and Tori Lynch . A farewell full of passion a fusion of Latin American Rhythms that are fun and easy to follow until next time! Book direct with Tori. Email: aerolatino.tori@gmail.com or 07725178108.	The fitness aerial flying experience Bungee Fit with Kat Bailey . A fun aerobic workout with a twist! Come and float above the ground <i>Mission Impossible</i> style!		

Aqua Instructor Shallow and Deep Water Training Course with Water Fitness UK 09:00–16:00. Contact 0143 7457 503.	POUND Unplugged Instructor Training 10:00–18:00. Contact www.poundfit.com	18:00. Aerolatino Instructor Training with Jeff Davila and Tori Lynch - 11:00–18:00. Book direct with Tori email: aerolatino.tori@gmail.com or 07725178108.	Bungee Fit Aerial Training with Kat Bailey 11:00–18:30. Please contact www.PoleKatFitness.com
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