

**NEW DATE**

# February 11<sup>th</sup> – FitCamps World South *Fit'n'Fun* Timetable at SCD Sutton (Version 7)

Please note timetable subject to change due to circumstances beyond our control.  
An updated timetable will be available the week before.

	Downstairs Studio	Downstairs Studio	Upstairs Studio	Foyer
10:20 – 11:05	<b>Trigger Point Pilates Fascia Bodywork</b> with <b>Lydia Campbell</b> – great session to start the day using spikey Balls and bands with Lydia and team. <b>TPP Kit will be on sale after the session.</b>		<b>Aerolatino</b> with <b>Jeff Davila and Tori</b> – Combines Latin American dance rhythms such as salsa, Merengue, cha-cha and Reggaeton, to form a continuous aerobic routine. A fusion of fun with fitness, get ready for a low impact, high energy workout for the body and mind!	
11:15 – 12:00	<b>POUND – Rockout Workout</b> The infectious, energizing fun of drumming! A full body cardio jam session – with <b>Kylie Gracey-Bond</b> .		<b>Konfidence</b> with <b>Lady Kat Smith</b> – 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.	<b>Meggaball</b> with <b>Winston Squires</b> Enjoy a full body workout on BigBalls to the exhilarating Caribbean beat. Leave your worries at the door as you lose your self to the pulsating beat. ending on an endorphin high.
12:15 – 13:00	<b>FunkFit</b> with <b>JP Omari</b> . Join in his fabulous RnB & Hip Hop to Motown Workout Dance Class dancing to the sounds of the 60s to 90s RnB & Hip Hop with JP and get your sweat on!	<b>FIT4TAP Tap Dance Fitness</b> with <b>Sue Allen Hudson</b> . A Tap-Tastic class is open for all who want to Tap a groove working out to the Funky beat! Dance sneaker/ trainers can be worn for this class “Don’t just work it..Dig it!”	<b>Yogalates with Barre</b> with <b>Vikki Gamblen</b> Using a barre experience – a mix of strength moves from Yoga to Pilates. With the Barre aiding your balance and alignment as you feel the grace of Barre in these flowing moves.	<b>Pulseroll Good Vibrations</b> with <b>Helen Pybus</b> . Experience the Pulseroll rollers to reach those tight deep muscles great for a massage. Come and join Helen in a fab Vibration session. The Pulseroll guns will be onsale after the session .
13:15 – 14:00	<b>RUMBALATINA</b> with <b>Jeff Davila and Tori Lynch</b> of <b>Aerolatino</b> – A Class full of passion, fire and fun. Dance your way to fitness with classic Latin American rhythms choreographed to steamy Latino beats. Suitable for all ages and abilities.	<b>Rock Chicks Blast</b> with <b>Caroline Ash</b> and <b>Eileen Dixon</b> . Step back in time and let your hair down as you Rock out in this dance aerobic session.	<b>Sassy Chair</b> from <b>FlirtyNotDirty</b> . Join in a fabulous, elegant, graceful and subtly sexy Burlesque chair class. To enhance your self confidence and feel empowered celebrating your femininity with <b>Miranda Llewellyn</b> .	

	Downstairs Studio	Downstairs Studio	Upstairs Studio	Foyer
14:15 – 15:00	<p><b>Mobilates</b> with <b>Helen Pybus</b>. A great Pilates mat class to mobilise your joints and enhance your balance, with fluid Pilates moves that anyone can do.</p>	<p><b>Meggaball Drum</b> with <b>Winston Squires</b>. Enjoy a full body workout on Big Balls to the exhilarating Caribbean beat. Leave your worries at the door as you lose your self to the pulsating beat ending on an endorphin high.</p>	<p><b>FIT4TAP</b> presents a "Puttin' on the Ritz" Charleston and Tap dance fitness themed class with <b>Sue Allen Hudson</b>. Dance sneaker/trainers can be worn for this class "Don't just dance it..Tap it! "</p>	
15:15 – 16:00	<p><b>FunkFit Farewell</b> with <b>JP Omari</b>. Join in his fabulous RnB &amp; Hip Hop to Motown Workout Dance Class dancing to the sounds of the 60s to 90s RnB &amp; Hip Hop with JP and get your sweat on!</p>	<p><b>Trigger Point Pilates</b> calm relaxation time. Join <b>Lydia Campbell</b> for a deep unwinding stretch and relaxation session to end this fabulous day. Using spikey Balls and bands with Lydia and team. <b>TPP Kit will be on sale after the session.</b></p>	<p><b>POUND – Rockout Workout</b> The infectious, energizing fun of drumming! A full body cardio jam session – with <b>Kylie Gracey-Bond</b>.</p>	<p><b>Pulseroll Good Vibrations</b> with <b>Helen Pybus</b>. Experience the Pulseroll rollers to reach those tight deep muscles great for a massage. Come and join Helen in a fab Vibration session. The Pulseroll guns will be onsale after the session.</p>