

FitCamps World 34 Ribby Hall (8th–10th November 2024) (v.4)

EVENT TIMETABLE

Registration is on Friday from 13:30–19:30 / Saturday from 08:00–11:30 / Sunday from 08:00–10:30

Friday	Sports Hall	Conference 1	Conference 2	Conference 3
15:30 – 16:00	Trigger Point Pilates Welcome – A fascia release after your journey to us, with Lydia Campbell, Caroline Ash and Eileen Dixon , the TPP Team!			
16:15 – 17:00	Step welcome with David Muir - Lets start the party on Step using basic step variations to build up into a fun step choreography set to the biggest house and club sounds.			
17:05 – 17:50	House Party Welcome! With Nikkie Riozzi Jack your body and move your feet, bring your groove to the deep house beats!			
17:55 – 18:40	Panache Dance Fitness with Barry Kinder – It's time to STEP into the SPOTLIGHT! Take Centre Stage as you dance to the iconic soundtracks from incredible Musicals, with easy to follow routines that will have you feeling like a showgirl!			
18:45 – 19:30	RockBox Fitness welcome with Jade Hendon and team. We rock, we Box, we smash sticks. All in an epic Rock and Indie soundtrack. Come over to the dark side and join the ROCKBOX Fitness Revolution. Great for stress release.			
Saturday	Sports Hall	Conference 1	Conference 2	Conference 3
08:15 – 09:00	Step it Up with Scott Miller. Join the flying Scotsman that anyone can do to wake you up as Scott gradually builds up the routine.	Yoga Euphoria –Stuart Pilkington of YogaLife It's a fun dynamic flow practice with simulating pranayama, sound healing and a yoga rave – leaving you energised with yoga festival vibes! Please bring your own mat.	Ibiza chill out Functional Fitness time with Ryan Graham. Do not miss a fab session with Ryan using Ibiza chill out lounge music but functional body weight training and flexibility – you will sweat.	NR-CHI Reiki healing and Sound bath with Sonia Sonique A great session with gentle Chi-Gong flowing movements that progress to energy release using sound and reiki to help rebalance your energy centres.
09:15 – 10:00	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.	Michael King is bringing you a new experience - The SPINEFITTER Class by SISSEL® that cradles the spine. A fitness tool to enhance joint mobility and stimulate muscle zones. This is a holistic training that enhances balance, coordination, and muscle strength.	Butts Gutts Bands and Chair with Suzie Hopkins. Join in a body conditioning session using bands as you pump and tone with Suzie. A great conditioning chair workout.	The Headphone Class 'Silent Immersion' – a mind-body experience to take you to a meditative state slowing your brain waves and releasing anxiety with Vanessa Robbins-Tylers . Let Vanessa take you on a journey using headphones to find your inner peace and space from the hustle of the world in this megamix of yoga to pilates flow.
10:15 – 11:00	SOULSA® with Karen Gibson. Join in a fabulous low impact, high energy dance based workout suitable for everyone. Using a signature lead LED tamborine to a mega mix dance playlist in all genres.	TriggerPointPilates. Somatics to lymphatics for Fascia Fitness with Lydia Campbell and Team using all the TPP Spikey balls and more kit . A great fascia fitness class that will help your body inside and out, using self myofascia body work session to release tension and aid movement.	Panache Chair with Barry Kinder the creator of Panache Dance Fitness – Join in with this showman you really are in for a treat as he makes you feel like a showgirl. Barry takes you on a great choreography experience, taking you into a world of sass and fun.	The Bare Necessities with David Muir. A barefoot workout that will help to improve mobility, strength and stability in your feet. Expect a challenging class but with a holistic focus.
11:15 – 12:00	POUND - Rockout Workout with Kylie Gracey-Bond. Join in this powerful infectious, energising fun of drumming! A full body cardio jam session. Kylie will shift your stress and leave you high with energy.	Michael King is bringing you a new experience The Octocore Class by SISSEL® with the innovative 3D band for your multidimensional full-body workout! Activates and stimulates the body's myofascial chains enabling 3D strengthening movements.	Barre Pole Pilates with Ellen Saunders – Combining Barre principles and Pilates MatWork, this mat-based class will have you rotating, lengthening, balancing and contracting, from top to toe, with so much control, using a pole. Bring your own mat.	Lyrical Flow with Jo Ali. A mix of contemporary moves that you feel the music and become the song, a fun for all to do no experience needed!
12:15 – 13:00	Grab a Scarf, it's dress up time for 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 as you grrate and shimmy behind your silk.	Sweaty Pilates Flow with Naomi De Fabio of The Pilates Choice. Be ready to sweat in this full body Pilates flow. You'll be challenged in your body and your mind.	BLT#Glute Force with Anoushka Moore (bring a mat). Let's put the old school tunes on as you join in a Legs Bums and Tums session using your bodyweight to build that bubble butt!	Lift Up and Energise 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.
13:15 – 14:00	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.	Michael King is bringing you a new experience: The SPINEFITTER Class by SISSEL® – that cradles the spine, a fitness tool to enhance joint mobility and stimulates muscle zones. This is an holistic training that enhances balance, coordination, and muscle strength.	Beauty Barre with Nikkie Riozzi – Barre inspired showcase, let your prima ballerina shine and point your tippy toes.	"Meno Time" – be the woman you are exercise in line with your hormones, with Joanna Weintritt. A unique class that focuses how the body needs to adapt to our hormone cycle and changes.

14:15 – 15:00	RockBox Fitness with Jade Hendon and Team. We rock, we box, we smash sticks. All in an epic Rock and Indie soundtrack. Come over to the dark side and join the ROCKBOX Fitness Revolution. Great for stress release.	Naomi Di Fabio director of The Pilates Choice brings you Contrology Flow. Work through the original Contrology (Pilates) matwork repertoire as created by Joe Pilates. (All levels welcome but not suitable for those with Osteoporosis)	Lyrical Expression with Helen Martin. A lovely class based around contemporary moves and lyrical expression.	RUMBALATINA® with Jeff Davila and Tori Lynch of Aerolatino – A class full of passion. Feel the rhythms move your hips the fire within you and fun. Dance your way to fitness with classic Latin American rhythms. choreographed to steamy Latino beats. Suitable for all ages and abilities.
15:15 – 16:00	Panache Dance Fitness with Barry Kinder – 'BURLESQUE the Musical' Workshop this session will have you feeling sexy and sassy as Barry breaks down a few pieces of choreography from the amazing soundtrack. Suitable for EVERYONE.	Michael King is bringing you a new experience – The Octocore Class by SISSEL® with the innovative 3D band for your multi-dimensional full-body workout! Activates and stimulates the body's myofascial chains enabling 3D strengthening movements.	TriggerPointPilates CALM with Lydia Campbell and the TPP team. Unwind, Release and Relax in this complete mind body fascia session using the rollers to TPP balls. With Lydia, Caroline and Eileen.	Salsa Stairway to Heaven with Lady Kat Smith. Take your mambo to the skies with her. Salsa shines with meaningful movement.
16:15 – 17:00	Clubbercise – Let's have a party with a high energy dance fitness class in the dark with glow sticks and disco lights with Sonique Smith.	Yoga Align Breath for the Mind and Body – Stuart Pilkington of Align Yoga. Discover how, using one's breath, to unwind the stress of life and align the mind and body for a deep relaxation. This session includes sound healing and simple meditation techniques! Please bring your own mat.	Kinky Boots with Divafit on the chair. Join in with sexy mama Tara Kelly (Fraser). To make you feel fabulous about yourself as you move, and exercise your body using a chair (heels optional).	The Headphone Class 'Silent Immersion' a mind-body experience to take you to a meditative state slowing your brain waves and releasing anxiety with Vanessa Robbins-Tylers. Let Vanessa take you on a journey using headphones to find your inner peace and space from our hustle of the world in this megamix of yoga to pilates flow.
17:00 – 17:45	Join Master Steve Watson and Queen Jo Ali in a 'Cheesey Pop Aerobics Party' – keeping dance aerobics fun and easy to follow, designed to rev you up for tonight.			
19:30 -?		FITCAMPS Private Party in Conferences welcome drink and Buffet starts at 19:30. Entrance by ticket. Have you collected your ticket at the stand?		
Sunday	Sports Hall	Conference 1	Conference 2	Conference 3
08:45 – 09:30	Aerolatino with Tori and 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!	Barre Pole Pilates with Ellen Saunders. Combining Barre principles and Pilates MatWork, this mat-based class will have you rotating, lengthening, balancing and contracting, from top to toe, with so much control using a pole. Bring your own mat.	Divafit Shift with Tara Fraser. Shift last night's party in this sassy stretch and conditioning session with Tara.	Tribute to ABBA with Rachel Webb. Step back into the 70's with a fabulous ABBA vibe to leave you singing all the way home.
09:30 – 10:15	SOULSA® with Karen Gibson. Join in a fabulous low impact, high energy dance based workout suitable for everyone. Using a signature lead LED tamborine to a mega mix dance playlist of all genres.	Chill Pilates with Naomi De Fabio of the Pilates Choice. A great session. Let's get flexy on the mat. A slow flow with moments of work and moments of release.	Scott's Stretch with Scott Miller. Join Scott to release your tense and tired muscles from Saturday sessions.	BLT#Glute Force with Anoushka Moore (bring a mat). Let's put the old school tunes on as you join in a Legs Bums and Tums session using your bodyweight to build that bubble butt!
10:30 – 11:15	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.	TPP Mobility to Balance from gliders to balls with Eileen Dixon. A great TPP Session that will challenge your core with dynamic movement which the fascia loves.	Panache Chair with Barry Kinder the creator of Panache Dance Fitness – Join in with this showman you really are in for a treat as he makes you feel like a showgirl. Barry takes you on a great choreography experience, taking you into a world of sass and fun.	Ibiza chill out Functional Fitness time with Ryan Graham. Do not miss a fab session with Ryan using Ibiza chill out lounge music, functional body weight training and flexibility – you will sweat.
11:30 – 12:15	POUND Unplugged – The infectious, energising fun of drumming! A full body cardio jam session, with Jess McKee and Kylie Gracey-Bond.	Flow Yoga with Suzie Hopkins. Join in a lyrical yoga flow set to the iconic song 'Both Sides Now' by Joni Mitchell. A great session to wake up your body with Suzie Hopkins.	MK Pilates Fusion. Join Michael King for a fresh take on Pilates, blending barre and mat to stretching to enhance your bodywork experience. His innovative approach adds a unique twist to your Pilates mat routine.	Funk Time with Helen Martin and Lady Kat. Join in a big beat and funky vibe with this fabulous duo.
12:30 – 13:15	Energise 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.	TPP Roller Moments with Trigger Point Pilates master trainer Caroline Ash. This will undo your muscular restrictions, release stress and unwind tension using the TPP foam roller and spiky balls.	Eastern Farewell Stretch – An Eastern relaxation with Sunny Singh. A stretch and release class with a Bollywood themed music for relaxing meditative stretch.	Face Fitness with Nataliya Graham – Discover face exercises, face stretches, facial massage exercises, to improve the natural way for your skin to boost collagen and make your face look younger and fresher.
13:30 – 14:15	Euphoria Workout – Join in this fun mega dance mix to shift your hangover session with David Muir and Joanna Weintritt.			
14:30 – 15:15	Panache Dance Fitness with Barry Kinder bring you LIGHTS, CAMERA, ACTION when the world is your stage just DANCE! Lets go through the decades... Disco, Salsa, Charleston and much more.			
15:30 – 16:15	RockBox Fitness Farewell presents Acoustic Rock with Jade Hendon and team. Come join in the last session until we meet again and go out to a rock vibe – a great stress releaser.			