

FITCAMPS ON THE PROM — Dalmeny Hotel, Lytham St Annes, November 14th–15th 2025 — **TIMETABLE** ⁽⁷⁾

Registration from 12:30 pm at the FitCamps Stand and if you are staying on site you can checkin with the hotel, then have access to your room at 3 pm. Please collect your room key from Reception at 3 pm.

FRI	BALLROOM Dance	CHILDREN'S Room	SEA VIEW Room	ATRIUM Ground Floor	POOL	STUDIO	REFORMER STUDIO Poolside Room	REGISTRATION Meet Up
14:00 – 14:45	DRUM WORKOUT with Mika to get your body and brain working hard. With rhythms on ILLUMINATED DRUMS whilst stepping, squatting, lunging and jumping about to heavy guitars and banging beats.		MK Pilates Fusion — "Join Michael King for a fresh take on Pilates, blending dance and stretching to enhance your experience. His innovative approach adds a unique twist to your routine."	Energise with Sophie Hearne. A high energy cardio session that all levels can do. Fast-paced session combines explosive movements and recovery that engage the full body. Expect boxing, squats, lunges, burpees and animal flow type movement.		Step Party with Jo Ali — Join Jo for this fun packed freestyle step class that showcases new choreography and music to set us up to have an awesome Step Party! For experienced steppers.		
15:00 – 15:45	Assassin with Nicola Floyd and Ashleigh Thompson is a choreographed combat style fitness class! Combining conditioning, plyometrics, combat and cardio. Aim, shoot and fire ... Ready to become an Assassin?	Tribute to ABBA with Rachel Webb . Step back into the 70s with a fabulous Abb vibe to leave you singing all the way home.	Pilates for Bums, Legs, Tums with Claire Wray . Take the BLT conditioning class and combine it with Pilates for a mindful, challenging workout for the lower body and core.	Zumba: It's Electric with Joanna Ewa Weintritt . A high-energy, worldwide dance adventure! Since 2009, she’s been igniting classes with dynamic routines, classic and new Zumba choreos to make you move, sweat, and smile.Dance like never before!	Ceilidh Aquafit Party with Tracey Gedesa . Fun-filled Ceilidh Aquafit session combining traditional dances like the Gay Gordons and Military Two-Step with upbeat tracks from The Proclaimers. Low-impact, high-energy, and full of laughs. Nathan Evans .	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.	Clinical Pilates Rehab workshop series. Special Populations with Sarah-Jane Walls' Workshop 1: Arthritis. How Pilates supports painful, stiff joints. Explore safe, adaptable sequences to maintain mobility, build strength & confidence.	
16:00 – 16:45	Panache Dance Fitness with Barry Kinder - It's time to SHINE, head along to this incredible workshop and learn amazing choreography step-by-step by the showman himself, Barry.	Barre Booty Burn with Mikey Cook . Get ready to sweat and pulse through high-energy, spicy moves. Your legs will shake, your heart will race, and your smile will stay from start to finish. The beats are bangin’ and the energy is electric.	Sculpt & Ignite with David Muir . Kick off your weekend with this dynamic body weight conditioning workout. Designed for all levels of fitness with plenty of options throughout. Come and Ignite your inner fire!	Latin Funk with Lady Kat Smith . This class will make you shake it! Yeah baby! A fusion between Salsa and Street Dance bringing that fever from the club straight to you!	Hydropole - Aquatic Pole core & upper body strength workout with Shakeel Hussain	Sophie's Spin Let's Ride — An energising indoor cycling workout set to motivating music, designed to improve stamina, burn calories, and build lower body strength. Perfect for all fitness levels, with adjustable resistance to match your pace.	MK Reformer class with Pilates expert Michael King of MK Pilates and Angela Walker from Glasgow. Discover a reformer flowing class from the expert. Extra costs: Please Book Direct with MK Pilates)	
17:00 – 17:45	RockBox Fitness welcome with Jade Hendon and team. We rock, we Box, we smash sticks. All in an epicRock and Indie soundtrack. Come over to the dark side and join the ROCKBOX Fitness Revolution. Great for stress release.	Butts Gutts Bands with Suzie Hopkins . Join in a body conditioning session using bands as you pump and tone with Suzie. A great conditioning workout.	TriggerPointPilates — Candle-light Calm with Lydia and the TPP team . Unwind, relax and release in this complete mind and body session. Using pilates and TPP Balls with Lydia , and Eileen .	Lyrical with Jo Ali . Lyrical dancing to a beautiful track. Fun for all to do, no experience needed!	Hydrorider Aqua Cycling - indoor underwater cycling workout with Ryan Graham & Nat Team .		MK Reformer class with Pilates expert Michael King of MK Pilates and Angela Walker from Glasgow. Discover a reformer flowing class from the expert. Extra costs: Please Book Direct with MK Pilates)	
18:00 – 18:45	Let's get high! with Steve Watson in this aerobic welcome session. A mega mix of high/low dance aerobics that anyone can do.	SOCA vs Dance-Hall with Brian Richmond . Time to party in a happy funky Caribbean dance class; grooving winding, waving and jamming to the infectious rhythms of the Caribbean. This class is all about having a great time. Bring your flags to represent SOCA.	Silent Immersion – a Mind Body experience with Vanessa Robbins-Tyers . Let Vanessa take you on a journey using headphones to find your inner peace and space from our hustle of the world in this mega mix of yoga to pilates flow.	PINK PONY CLUB . Be a Diva and Join the Dance with Charlotte Chazel . Be Different. Dazzling. Diva-worthy. This isn’t a show you watch — it’s the show you become. Easy to learn. Strut, sparkle and dress up loud. Bring a pink bandana!	Relax and Float on the pool on meg mats with Sunny Singh in a sound bath in this mindfuf Relaxation session to let go of the week. Two sessions: from 18:00–18:20 and 18:25–18:45 . Please just book into one as places are limited.		MK Reformer class with Pilates expert Michael King of MK Pilates and Angela Walker from Glasgow. Discover a reformer flowing class from the expert. Extra costs: Please Book Direct with MK Pilates)	
19:00	Meet the presenters. Drinks and Canapes in the Reception Bar. Dinner from 20:00 (8 pm) Book your time when checking in!							

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08:00 – 08:45	DRUM WORKOUT with Mika to get your body and brain working hard. With rhythms on ILLUMINATED DRUMS whilst stepping, squatting, lunging and jumping about to heavy guitars and banging beats.	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.	NR-CHI—GodEssence with Sonique Smith . Join in a tribal inspired flow dance blending movement, rhythm and inner fire to awaken the feminine goddess within. Guided by African tribal trance beats the dance is a sacred journey through the chakras.	Barre Pilates Method with Claire Wray Pilates combined with ballet barre exercises for a low impact, flowing, full body workout! Improves bone density, pelvic floor strength a lower body workout like no other! A Pilates Bums, Legs, and Tums session.				
09:00 – 09:45	HIITMIX with Paige . Explosive, empowering, and anything but ordinary. This fullbody group fitness class blends High-Intensity Interval Training with body weight exercises, cardio blasts, and strength-based combos.	Fierce Vibez with Mikey Cook . Get ready to strut, slay, and serve with this high-energy commercial dance class built to boost your confidence, unleash your inner diva, and leave you glowing. With powerful choreography, killer music, and a sassy vibe.	MK Pilates Fusion "Join Michael King for a fresh take on Pilates, blending dance and stretching to enhance your experience. His innovative approach adds an unique twist to your routine."	80s Aerobic with Holly Lynch . This freestyle workout is taking inspiration from the cheesiest 80s songs ... and marrying them with retro aerobics. Dig your leotard out, get your leg warmers on, and get ready to squat, shimmy, pulse and laugh your way through the workout.	Hydro Yoga with Nataliya Graham	Baby Steps with Caroline Ash . This easy to follow session is perfect for anyone wanting to try step for the first time or just get back into it. No tricks and spins, just a fun cardio workout on the step.	MK Reformer class . With the legend Pilates Expert Michael King of MK Pilates and Angela Walker from Glasgow. Michael was teaching Reformer in Pineapple studios in the 80s. Discover a reformer flowing class from the expert (Extra costs: PLEASE BOOK DIRECT WITH MK PILATES)	Walk, Run, Sprint . Connect with Joanna Ewa Weintritt . Move at your own pace - walk, jog, or sprint - as we explore the outdoors with energising intervals and fun movement drills. Focus on improving technique while boosting fitness, and enjoying the fresh air.
10:00 – 10:45	BrawBody Fusion with Tracey Geddes . A fun full-body fitness class combining mini ball exercises, resistance band training, interval training, and cardio to improve balance, core strength, flexibility, set to great tunes. Suitable for all fitness levels.	Ragga with Helen Martin . Join in with fab moves as Helen takes you on a dance class using an energetic ragga and dancehall playlist. Embrace the moves to create an authentic fun routine. With a party atmosphere to get your all bouncing.	Twerk and Tone with Sunny Singh . It is time to tone your booty with fabulous Sunny the man who can Twerk in this conditioning class.	BoostFit with Tina Donkin . Dance fitness and mind boosting exercises to lift your mood and energise you. Raise the roof and BOOST yourself physically and mentally with our multi award-winning class. High energy workout set to an incredible range of popular music.	Aqua Woggles Water Fitness with Ryan and Natyalia Graham .		MK Reformer class . With the legend Pilates Expert Michael King of MK Pilates and Angela Walker from Glasgow. Michael was teaching Reformer in Pineapple studios in the 80s. Discover a reformer flowing class from the expert (Extra costs: PLEASE BOOK DIRECT WITH MK PILATES)	
11:00 – 11:45	SOULSA®PRAISE with Karen Gibson . Join in a fabulous low impact, high energy dance based workout suitable for everyone. Using a signature lead LED tambourine to a mega mix dance play list to all genres.	Kinky Boots Strut and Condition with Glyn Page . Join in this fabulous conditioning session in heels, based on the best musicals and movies. Note you can take the class without heels but heels work your body like nothing you have experienced before.	TriggerPointPilates – Body Restore with Lydia Campbell and team . Experience Fascia body work, Somatics to lymphatic massage for health and fitness using all the TPP kit. A great fascia class that will help your body inside and out.	Panache Chair Sass Back – Back by Popular Demand! with Barry Kinder . This isn't your typical seated, low-impact class — get ready for a sassy workout that unleashes your inner showgirl! Learn each dance step by step and transform into the superstar you were born to be.	Aqua Zumba - Shakeel Hussain	Step with David Muir - Lets start the a party on Step using basic step variations to build up into a fun step choreography set to the biggest house and club sounds.	Clinical Pilates Rehab W/s 2: Backs & Scoliosis with Sarah-Jane Walls . Practical Pilates applications for spinal health. Learn how to adapt sequences for scoliosis, back pain, and spinal stiffness to restore alignment, mobility, and confidence.	
12:00 – 12:45	Group Fight with Holly Lynch of Fitpro Group Fight® is a gripping workout that builds cardio fitness, total-body strength, and coordination. Combine adrenaline-fueled MMA movements from the boxing ring with cutting-edge exercises.	InclusFit Neuro HIIT with Sam James is an adaptable interval workout that can be done seated or standing, with options for all fitness levels. Combining cardio, strength, and flexibility, it supports both body and brain health while letting you train at your own pace.	Mindful Movement Flow with Joanna Weintritt . Join Joanna for a beautiful flowing class for mobility, stretch and mindfulness.	SWAGALICIOUS with Charlotte Chazel . Be Bold, Badass, be transformational in this flamboyant dance fitness class where catwalk meets the stage! Unleash your inner fire, and step into your Sasha Fierce energy. All attitude, swagger, and fearless self-expression.	Hydro Barre - Oliver Anwyll	RIIDE® with Paige Verity Davis is RIIDE®spin reimagined—epic playlists, club vibes, and high energy rides. Burn up to 700 calories, feel unstoppable, and join a badass community where fitness feels like a party.	MK Reformer class . With the legend Pilates Expert Michael King of MK Pilates and Angela Walker from Glasgow. Michael was teaching Reformer in Pineapple studios in the 80s. Discover a reformer flowing class from the expert (Extra costs: PLEASE BOOK DIRECT WITH MK PILATES)	

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09:00 – 09:45	BoostFit with Tina Donkin bringing you dance fitness and mind boosting exercise to lift your mood and energise you. Raise the roof and BOOST yourself physically and mentally with our multi award-winning class. BoostFit is ‘a bit of everything in one class'.	SOULSA®PRAISE with Karen Gibson. Join in a fabulous low impact, high energy dance based workout suitable for everyone. Using a signature lead LED tambourine to a mega mix dance play list to all genres.	Power Hoop Esther White Powerhoop® – More Than Just Hooping! Get ready to sculpt your core, boost your fitness, and have a whole lot of fun. We don’t just hoop – we blend weighted hula-hooping with cardio, HIIT, toning, and conditioning.	Let's Move! With Glyn Page. The fabulous Fitness Instructor, a great motivator and entertainer takes you on a themed journey of dance aerobics, full of fun and belly laughs, you cannot stand still but move through the themes. For all abilities.	Hydrorider Aqua Cycling – indoor underwater cycling workout with Ryan Graham.			
10:00 – 10:45	Group Fight with Holly Lynch of Fitpro Group Fight® is a gripping workout that builds cardio fitness, total-body strength, and coordination. Combine adrenaline-fueled MMA movements from the boxing ring with cutting-edge exercises.	LINE Dance unleash with Charlotte Chazel. Wild, Ridiculous, Loud Attitude. A flamboyant, full-throttle silent disco experience part street party, part dance riot, all-out fabulous chaos. Headphones on, volume up, and suddenly the world becomes your runway.	Trigger Point Pilates Immersive a fascia release after your weekend with us to relax and unwind before your journey home! with Lydia Campbell and team.	BrawBody GLOW with Tracey Geddes. BrawBody GLOW is a vibrant fusion of dance and strength, delivering a full-body workout that boosts confidence, builds strength, and leaves you glowing. Celebrate movement with uplifting energy.	Aqua Splash – Oliver & Shakeel team teach.	Toneography with Eileen Dixon : A fusion of cardio and resistance. This is a low impact aerobics class using light hand weights designed to elevate your heart rate, tone and sculpt giving a full body workout.	MK Reformer class. With Pilates Expert Michael King of MK Pilates and Angela Walker from Glasgow. Discover a reformer flowing class from the expert (Extra costs: PLEASE BOOK DIRECT WITH MK PILATES)	
10:45 – 11:15	Coffee / Shop and Room check out time if you are not staying on for the Sunday Spa night which you can book separately with the hotel direct							
11:15 – 12:00	Panache Workshop with Barry Kinder. Get ready to learn an EPIC dance and feel like a fabulous chorus dancer. Prepare to shine and be FABULOUS – this is your chance to step into the spotlight, master amazing moves, and experience the magic of Broadway!	Silent Immersion YOGA-LATES – a Mind Body experience with Vanessa Robbins-Tyers. Let Vanessa take you on a journey using headphones to find your inner peace and space from our hustle of the world in this mega mix of yoga to pilates flow.	RockBox Fitness. Stretch out 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.	Sassy Chair with Tara Kelly. An empowering, confidence-boosting class that's all about sass and self-love! Tara will guide you through fierce choreography using a chair bringing body postivity, style, and confidence to every move	Extra cost: Aqua Instructor – Shallow and Deep Water Training Course with Water Fitness UK. 9am-4pm. Any Instructor or Swimming Teacher L2 welcome. Please book at www.waterfitness.co.uk or contact 0143 7457 503 for more information.	Aerolatino 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!	MK Reformer class. With Pilates Expert Michael King of MK Pilates and Angela Walker from Glasgow. Discover a reformer flowing class from the expert (Extra costs: PLEASE BOOK DIRECT WITH MK PILATES)	
12:15 – 13:00	NR-CHI Farewell - Reiki healing and Sound bath with Sonia Sonique. A great session to end the weekend with gentle Chi-Gong flowing movements that progress to energy release using sound and reiki to help rebalance your energy centres.	HIP HOP Farewell with Helen Martin – Party farewell-time embracing new and old hip hop and all it covers. High energy fun class full of moves and grooves, with the best hip hop soundtrack that will leave you on a high as you drive home until next time.	Eastern Farewell. Stretch – An Eastern relaxation with Sunny Singh. A stretch and release class with a Bollywood themed music for relaxing meditative stretch. Let Sunny take your mind away on a journey of joy in the beautiful stretch session as you relax into your self.	Farewell Pilates with Sophie Hearne – final session of Pilates with Fitness Pilates, a traditional Pilates delivered in a contemporary way. Includes warm up, mobility, active & passive flexibility, standing & functional exercises, mat, stretch & relaxation.	Extra cost: Aqua Instructor – Shallow and Deep Water Training Course with Water Fitness UK. 9am-4pm. Any Instructor or Swimming Teacher L2 welcome. Please book at www.waterfitness.co.uk or contact 0143 7457 503 for more information.			
	WORKSHOP TIME – Stay and train. Take a workshop to enhance your teaching skills. Please note this is at an EXTRA COST.							
13:15– 14:00	Panache Dance Fitness WORKSHOP with Barry Kinder (Extra Cost)	Workshop Empowering Women (Extra Cost) Training with Charlotte Chazel – How to run a great community workshop for women.	Trigger Point Pilates Instructor Training (Extra Cost).		Aqua Instructor Shallow and Deep Water Training Course with Water Fitness UK (Extra cost)			
14:00– 15:00	Book direct with email: panachedancefitness@hotmail.com	Book direct by email: charlie.chazel@gmail.com	Book direct on www.tppilates.com or for details email: lydia@fitcamps.com		09:00 - 16:00 Any Instructor or Swimming Teacher L2 welcome. To book please visit: www.waterfitness.co.uk or contact 0143 7457 503 for more information.			
15:00– 16:00			training with Lydia Campbell.					