

FitCamps on the Prom
November 13th –15th 2026

Registration is from 11:30am If you are staying on site you can checkin but your room access wont be available until 3 pm.
If you are staying at the hotel when you checkin please make your dinner reservations at the same time.

FRIDAY	Ballroom	Sea View Room	Atrium	New Studio HeroBoard Pilates & Step	Spin Studio	Children’s Room	Pool WaterFitness	Poolside Xpert Fitness Aerial Room	Meet at Registration for: NMNP Beach Reset & Silent Disco Fever
12:30 – 13:15	DrumFITT with Lisa Measures - Unleash your energy, an electrifying group exercise fitness experience that combines the raw power of drumming with high energy cardio movement. Feel the adrenaline as disco lights, glow in the dark drumsticks, empowering choreography and an epic feel good soundtrack come together to create an unforgettable workout. Every beat fuels your body, the atmosphere ignites your spirit, and you leave feeling stronger, empowered and unstoppable.	Fusion Pilates with Unnur Palma from Iceland. A mix of Pilates and yoga moves targeting the deep muscles of the body. Focusing on strengthening the core and back muscles to improve posture and alignment lenthening our beautiful muscles.	Latin Power Sculpt with Billijo Chapman - this perfect blend of high energy dance workout with functional strength and conditioning and a full on party vibe. Taking funky global beats to get the party started.	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.			When you attend an Aqua class, if staying on site, you can come from your bedroom wearing flipflops and we provide towels at Poolside – pack a dressing gown!		
13:30 – 14:15	Strutology with Carly McKay – Carly will be bringing you a feel good dance class with simple but fabulous moves, always with an element of strutting one stuff! You'll be taught a simple, sassy dance routine, followed by the empowering Strut-Off & then the Finale track will be unleashed.	Pilates for Bums, Legs, Tums with Claire Wray. Taking the class BLT conditioning class and combining it with Pilates for a mindful, challenging workout for the lower body and core.	Assassin with Nicola Floyd and Ashleigh Thompson – Assassin is a choreographed combat style fitness class! Combining conditioning, plyometrics, combat and cardio... Aim, shoot and fire...Are you ready to become an Assassin?	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!		BarreWorx with Ollie – this exclusive Fitcamps masterclass features addictive ballet-based choreography set to an inspiring playlist. Immerse yourself in beautiful movement as we dance and tone together – No Ballet experience required.	When you attend an Aqua class, if staying on site, you can come from your bedroom wearing flipflops and we provide towels at Poolside – pack a dressing gown!		
14:30 – 15:15	Technorobics with Suzy Hopkins – Step into the beat with Technorobics – where classic aerobics meets the energy of the dance floor. Inspired by techno, house and club music, this high-energy workout combines easy-to-pick-up routines fun and loud.	Chairography with Mikey Cook – where drama meets power. Chairography is a sensual performance – focused chair routine, set to music that blends theatrical seduction with empowered, expressive movement. This class is your invitation to step into your confidence, captivate the room, and unleash your most magnetic commanding self. Heels are optional.	FitSteps with Laura Lowe and Hayley Hobbs - A dance fitness class inspired by ballroom and latin dancing. It takes dances such as Cha Cha, Jive, Salsa and many more genres and turns them into a fitness class. You don't need a partner or previous dance experience – the choreography is adapted so everyone can dance individually while getting a cardio workout.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!		NMNP Reset • Rebuild • Rise with Euan Mutch – An inclusive functional fitness session combining movement, strength, mindset and community. Suitable for all abilities, with adaptations so everyone can take part, build confidence and leave feeling stronger both physically and mentally. Euan's energy is infectious and his story inspiring, how he has a mega message out there to help 1000's, an Heart & Soul award winner. New brand to mental health male advocate.	Hydro -Rider with Ryan	Aerial Hammock Conditioning with Stacey Snedden & the XPERT Fitness Team – Improve upper body strength & core stability with our targeted conditioning hammock class.	
15:30 – 16:15	HIP HOP welcome with Helen Martin – Time to embrace 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. That all can do at their pace full of fun and giggles as Helen lets rip a Hip Hop Queen.	TriggerPointPilates™ Welcome with Lydia Campbell and Team -Experience a self fascia massage body work session, with the TPP kit . A great fascia class that will help your body inside and out and will release tension.To help chronic pain,the lymphatics aid your nervous system and enhance mobility.	Dance your Heart Out with Matthew Brammer – Dance and sing to classic tracks as the routine builds to a show stopping finale. Mathew takes you on a dance journey you will love and not forget.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!	90’s Spin Rewind with Nicola Floyd – Ride through the greatest hits of the 90’s. From iconic dance anthems to unforgettable pop classics, this exhilarating indoor cycle class combines heart-pumping cardio with the soundtrack of a generation. Expect motivating climbs, fast-faced sprints, and feel-good intervals that will have you singing along while you ride.	NMNP Reset • Rebuild • Rise with Euan Mutch – An inclusive functional fitness session combining movement, strength, mindset and community. Suitable for all abilities, with adaptations so everyone can take part, build confidence and leave feeling stronger both physically and mentally. Euan's energy is infectious and his story inspiring, how he has a mega message out there to help 1000's, an Heart & Soul award winner. New brand to mental health male advocate.	Bollywood Aqua with Shak.	Aerial Hammock - Stretch & Flex with Stacey Snedden & the XPERT Fitness Team Experience deeper stretches with less pressure on your joints, allowing your body to safely increase flexibility while improving mobility, balance, and body awareness.	
16:30 – 17:15	SOCA vs Brian Richmond Dance-Hall Shakedown – A happy funky easy to follow Caribbean dance class; grooving, wining waving and jamming to the infectious rhythmnms of the Carribean. This class is all about having a great time and getting fit while learning some new moves. No dance experience needed just the attitudes and willingness to have fun.	Glutitlicious with David - Meet IFS Presenter of the year David and join in his fab conditioning session that targets your legs, glutes and core set to a playlist of some of the greatest hits.	Panache Dance Fitness WORKSHOP with Barry Kinder – It's time to SHINE, head along to this incredile workshop and learn amazing choreography step-by-step by the showman himself Barry.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!	Techno-Spin with Suzy Hopkins – Time to go on a cycle journey as your ride with Techno-Spin – where the music drives you inspired by techno, house and club music. This high-energy indoor cycle is fun, loud and will set you up for the weekend.	IBIZA STRETCH & FLOW with Carly McKay – Join Carly for this beautiful flowing stretch & mobility session, transitioning from standing movement, down to the mat, all round it & back up again. Feel the Balearic vibes move through your whole body, leaving you feeling refreshed & super chilled.... but ready to take on your weekend.	Hydro Yoga Yang (calm, relax and Stretch) with Nat.	Flexibility Flow with Stacey Snedden & the XPERT Fitness Team. Help you improve your range of motion, increase strength through movement, and reduce the risk of injury. Suitable for all abilities.	
17:30 – 18:15	Electric swing with Martin Jensen – inspired by classic swing syles including charleston, jive and swing jazz steps; all blended into playful choreographed routines that are guaranteed to make you SMILE! Expect upbeat music, feel good vibes and a chance to be silly, expressive and full of energy. Let yourself go with Electro Swing.	Silent Immersion – a Mind Body experience with Vanessa Robbins-Tyers. Let Vanessa take you on a journey using head phones to find your inner peace and space from our hustle of the world in slow-flowing sequences that will enhance your breath work with a focussed meditation that will take you into deep relaxation.	Infra Body Fusion with Unnur Palma – End the day in this brand new session Icelandic style with Unnur Palma bringing you a movement journey – a megamix of Yoga, Pilates, strength training & flexibility.	Pilates Barre Method with Claire Wray. Discover the elegance and strength of our Barre Pilates Method class, precision meets the graceful intensity of barre. With controlled Pilates movements and small, powerful barre exercises to sculpt long, lean muscles, improve posture, and build deep core strength, the class focuses on balance, stability, and flexibility. For all levels.			BrawBody presents 90’s Aqua Party with Tracey Geddes. Get ready to splash, sing and sweat to the biggest 90's anthems! Expect fun choreography, feel-good vibes, and a full body workout that's easy on the joints but big energy. Fancy dress is welcome - let's party 90's style.	Aerial Hammock Cocoon with Stacey Snedden & the XPERT Fitness Team. Escape the stresses of everyday life and discover a moment of calm in our Aerial Hammock Cocoon class. Suspended in the soft embrace of an aerial hammock, you'll enjoy a gentle, restorative experience.	

SATURDAY	Ballroom	Sea View Room	Atrium	New Studio HeroBoard Pilates & Step	Spin Studio	Children's Room	Pool WaterFitness	Poolside Xpert Fitness Aerial Room	Meet at Registration for: NMNP Beach Reset & Silent Disco Fever
08:15 – 09:00	DrumFITT with Lisa Measures – Unleash your energy, an electrifying group exercise fitness experience that combines the raw power of drumming with high energy cardio movement. Feel the adrenaline as disco lights, glow in the dark drumsticks, empowering choreography and an epic feel good soundtrack come together to create an unforgettable workout. Every beat fuels your body, the atmosphere ignites your spirit, and you leave feeling stronger, empowered and unstoppable.	THE REFORMER ON THE MAT with Claire Wray - Experience the best of both worlds with our Reformer-on-the-Mat Pilates class—where the precision and strength building of the Reformer meets the freedom and flow of mat work. Using smart sequencing inspired by reformer exercises, this class builds deep core strength, improves posture, and enhances mobility without the machine.	Rhythmic Yoga Sculpt with Michelle – full body strengthening combines Yoga-based bodyweight movements with resistance training targeting the arms, legs, glutes and back.						
09:15 – 10:00	CarnivALL with Tracey Geddes - is a fun, high-energy fitness experience combining carnival – inspired aerobics with mini ball body conditioning. Expect infectious rhythms, feel good vibes, and functional strength exercises that improves your balance, core, posture, and overall fitness – all while having an amazing time.	Infra Body Fusion with Unnur Palma – Start the day in this brand new session Icelandic style with Unnur in a mega mix of Yoga, Pilates, strength training & flexibility.	RetroFitMix with Donna Cuthbertson & Andrea Boniface – is a fun, feel-good fitness experience that combines the best bits of dance fitness, combat, strength training, balance work and mobility into one energising workout. Set to incredible music from the 70s, 80s and 90s and beyond.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!	Accelerate Indoor Cycle by RockBOCK with Jade - Get ready to RIDE! This high enregy indoor cycling class combines heart pumping intervals, powerful climbs and fast paced spirits. The playlist is EPIC from start to finish. Expect infectious vibes, big beats and plenty of sweat as your push yours limits, build strength and leave you feeling unstoppable.		HydroYogaYin - Strength, Flex & Core with Nat.	Flexibility Flow with Stacey Snedden & the XPERT Fitness Team. Help you improve your range of motion, increase strength through movement, and reduce the risk of injury. Suitable for all abilities.	NMNP Beach Reset with Euan Mutch (Weather Permitting) – Meet at reception before heading to the beach for a refreshing outdoor session combining walking, jogging, functional exercises and mindset coaching. One of my NMNP instructors will stay at the back with anyone who wants to go at a steadier pace, so nobody gets left behind.
10:15 – 11:00	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.	Bellydance and Embrace your Body with Sunny Singh. This session will shift your body energy and image as you find the essence of of your self. As your move, shake, gyrate with grace and fun. Come breathe in and empower your body in this fun bellydance session. With Sunny Sungh a world belly dance teacher trainer and presenter.	Assassin with Nicola Floyd and Ashleigh Thompson – Assassin is a choreographed combat style fitness class! Combining conditioning, plyometrics, combat and cardio... Aim, shoot and fire...Are you ready to become an Assassin?	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!	The Spindle Disco with Matthew Brammer – Time to Spin join in a fun, high energy class filled with indie anthems and a few surprises.	Butts Gutts Conditioning using Bands with Suzie Hopkins. Join in a body conditioning session using bands as you pump and tone with Suzie. A great conditioning workout.	A HIIT rez discs - Helen	Fun Floor Work with Stacey Snedden & the XPERT Fitness Team - This class is all about enjoying movement in a relaxed, supportive, and judgement-free environment. You'll learn playful transitions, flowing sequences, rolls, slides, poses, and techniques.	
11:15 – 12:00	SOULSA Dance Fitness with Karen Gibson – a multi award-winning dance fitness brand delivering low impact, high energy workouts to all genres of music. Easy to learn, easy to teach and easy to follow, every class is a fun inclusive, feel good party powered by our signature LED mini 3 bell tambourines. Spreading joy through music, movement and connection is at the heart of everything we do.	TriggerPointPilates RESET with TPP Spikey balls and Bands with Lydia Campbell and Team. A great fascia class that will help reset your body inside and out. TPP is a proven method of 23 years created by Lydia Campbell after life changing operations. TPP is self myofascia massage that stimulates the lymphatics, unwinds muscle tension and eases chronic pain. Refreshing your body and mind.	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.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!		Condition with Glyn Page. Join in this fabulous conditioning session, based on the best musicals and movies of all time.	Hydro Ride with Ryan	Aerial Hammock Conditioning with with Stacey Snedden & the XPERT Fitness Team - Improve upper body strength & core stability with our targeted conditioning hammock class.	
12:15 – 13:00	80's Aerobics with Holly Lynch – this workout is super FUN throwback to traditional 80's style aerobic training – you can expect to see grapevines, heel flicks, giggles, box steps and a lengthy neck warm-up. So bring some sweat bands...pop your swimming costume over your leggings and let's get physical.	Konfidence with Kat Smith – Say hello to the confidence inside you that's screaming to get out! Let's celebrate you and liberate your body through the art of dance.	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 (and maybe a little breathless). With powerful choreography, killer music, and an unapologetically sassy vibe, this class is all about owning the room and having a blast.	Step Fusion mega mix with Steve Watson. The step master is back with a medley of step combinations and fab music as you step around the fab.	Clinical Pilates – Rehab Series, Workshop 2: Backs & Scolosis with Sarah-Jane Walls. This workshop: Backs & Scoliosis. Practical Pilates applications for spinal health. Learn how to adapt sequences for scoliosis, back pain, and spinal stiffness to restore	NMNP Reset • Rebuild • Rise with Euan Mutch – An inclusive functional fitness session combining movement, strength, mindset and community. Suitable for all abilities, with adaptations so everyone can take part, build confidence and leave feeling stronger both physically and mentally. Euan's energy is infectious and his story inspiring, how he has a mega message out there to help 1000's, an Heart & Soul award winner. New brand to mental health male advocate.	Aqua Float Meditation with Sound Bath music with Sunny Singh. We are running 20 minute sessions starting 12:15 - 12:35 then / 12:45 - 13:05; then 13:15 - 13:35. Come and float for a short time to restore the body and mind.	Aerial Hammock – Stretch & Flex with Stacey Snedden & the XPERT Fitness Team – Experience deeper stretches with less pressure on your joints, allowing your body to safely increase flexibility while improving mobility, balance, and body awareness.	
13:15 – 14:00	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.	YoCo Motion with Martin Jensen - Yoga & Conditioning in Flow is a brand new class that blends the fluidity of yoga with strength of body conditioning, all set in continuous movement. This upbeat yet mindful session keeps you flowing through dynamic sequences, building strength, flexibility, and balance while staying connected to breath and movement.	Aerolatino 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!	The Step CLUB with Nicky Floyd - Simple, Sweaty and Seriously FUN! Classic Step with a modern party vibe.	Clinical Pilates Rehab Workshop Series – Special Populations with Sarah-Jane Walls: Workshop 1 Arthritis. Learn how Pilates can support painful, stiff joints. Explore safe, adaptable sequences that maintain mobility, build strength, and keep clients with arthritis moving confidently.	NMNP Reset • Rebuild • Rise with Euan Mutch – An inclusive functional fitness session combining movement, strength, mindset and community. Suitable for all abilities, with adaptations so everyone can take part, build confidence and leave feeling stronger both physically and mentally. Euan's energy is infectious and his story inspiring, how he has a mega message out there to help 1000's, an Heart & Soul award winner. New brand to mental health male advocate.	Aqua Float Medidation with Sound Bath music with Sunny Singh. We are running 20 minute sessions – the last session: 13:15 - 13:35. Come and float for a short time to restore the body and mind.		
14:15 – 15:00	It's Britney B*itch with Jo Ali - Commerical dance while stepping into spotlight inspired by the unstoppable energy of Britney Spears. Full of Sass, Style and Show-Stopping choreography, this class combines pop, jazz and street influences to let you move with confidence and attitude. Channel your inner popstar and leave the dance floor feeling empowered, energized and ready to shine!	Trigger Point Pilates Foam Roller Class with Caroline Ash Experience a Fascia fitness class. Using the foam roller, bands and balls. Time to release in a great fascia fitness class that will help your body inside and out, As you release tension in your back, hips and legs fabulous for you muscles.	PoundFIT Leila & Michelle – A fitness drumming workout - inspired movements. Using lightly weighted Ripstix drumsticks, you squat, lunge, strike rhythmically to energetic music. Creating a fun, immersive workout that improves cardiovascular fitness, coordination strength and endurance. For all fitness levels.	Take the Next Step with Matthew Brammer - join this sessions as layers are built to an intermediate level choreography, think big tunes, big energy and loads of FUN.	Clinical Pilates – Rehab Series Workshop 4: Posture Assessment & The Aging Spine with Sarah-Jane Walls. A Hands-on Pilates for posture. Learn quick assessment tools and corrective sequences to combat age-related changes, reduce pain, and build resilience in the ageing spine.	InclusFit with Sam James. A fun upbeat seated exercise class that is suitable for absolutely everyone. The session consists of elements of cardio, strength & balance, flexibility / Pilates and fun games with music from all over the world. It is joyful, upbeat and will leave you feeling rejuvenated. This is not your typical seated class.... This is a seated class with a difference.	HydroBarre with Ollie	Fun Floor Work with Stacey Snedden & the XPERT Fitness Team. This class is all about enjoying movement in a relaxed, supportive, and judgement-free environment. You'll learn playful transitions, flowing sequences, rolls, slides, poses, and techniques.	SILENT DISCO FEVER with Vanessa Robbins-Tyers experience with timeless dancefloor hits—A street party with headphones on, volume up, and suddenly the world is left behind as you immerse into 80's-90's dance letting your inhibitions go as you rock out and sing.

15:15 – 16:00	Clubbercise – Sharon Adams. Let's have a party with a high energy dance fitness class in the dark with glow sticks and disco lights.	Suzy's NEO - Burlesque on the Chair with Suzie Hopkins. Grab a seat and let's get sazzý . Feel the fun and energy within you as you smoulder full of sazz vibes and dance on and around the chair. Don't forget your feather boa!	Jive & Swing with Rachel - Incorporating moves from Jive, Swing and Rock'n'Roll. Get ready to kick, twist and swing your way through to the incredible Big Band music. This class will leave you with a smile your just can't shake.	Simply Step with David Muir - A high-energy step class for all levels, using simple progressions to create exciting choreography with plenty of take home ideas for instructors.		InclusFit Seated Pilates with Sam James. Discover the benefits of pilates in a fully inclusive, chair-based class designed for people of all abilities. Focusing on improving posture, core strength, flexibility, balance, and mobility while promoting relaxation and overall wellbeing. Using gently controled movements, this class is ideal for everyone or anyone looking for a low impact way to start active.	HydroFighter with Ryan	Flexibility Flow with Stacey Snedden & the XPERT Fitness Team. Help you improve your range of motion, increase strength through movement, and reduce the risk of injury. Suitable for all abilities.	
16:15 – 17:00	Bangracize time for Bollywood to Belly Dance Party with Sunny Singh. Come warm up for this evening in this fabulous party class with Sunny taking you on an Indian journey of dance and a little mix of Belly dance. Come move, shake, shimmy, and laugh into the evening with the fabulous Sunny Singh.	Group Centergy ® – an invigorating mind-body workout with Ally Taylor of FITPRO. This session incorporates Yoga and Pilates moves with athletic training for strength, balance, to flexibility. Emotive music drives the experience as you breathe and sweat through this full -body movement journey. REDEFINE YOURSELF.	Lyrical Dance with Jo Ali – The beautiful combination of music and dance that evokes the most amazing sense of togetherness in group exercise. Lyrical dance is a mix of jazz, contemporary and commerical dance styles that leaves the body feeling lengthend and stretched and more importantly allows the mind to roam free.			NMNP Reset • Rebuild • Rise with Euan Mutch – An inclusive functional fitness session combining movement, strength, mindset and community. Suitable for all abilities, with adaptations so everyone can take part, build confidence and leave feeling stronger both physically and mentally. Euan's energy is infectious and his story inspiring, how he has a mega message out there to help 1000's, an Heart & Soul award winner. New brand to mental health male advocate.	HydroPole with Nat	Aerial Hammock Cocoon with Stacey Snedden & the XPERT Fitness Team. Escape the stresses of everyday life and discover a moment of calm in our Aerial Hammock Cocoon class. Suspended in the soft embrace of an aerial hammock, you'll enjoy a gentle, restorative experience.	
17:15 – 18:00	Soul 2 Jive with Martin Jensen - Love soul music? Love to dance? Then this class is for you. A high energy dance class where we build a fast paced routine to a classic soul favourite before performing it with a lively jive twist. Every class is packed with movement rhythm.	Find it & Stretch It - Brian Richmond. The importance of stretching is well known and this dynamic/static functional session aims to stimulate, mobilise and wake up your muscles. By taking them through different ranges and direction of motion, we can improve mobility and flexibility of joints and free the neuromuscular system.	Latin Line Dance with Emma Blackmore – Cowgirls meet sexy Senorita! Get ready for a line dance class with a sizzling Latin twist!Featuring all original music and choreography, this high energy workout blends country vibes with fiery Latin flair for a class unlike any other. Dust off your cowboy boots, grab your hat, and join the party with plenty of laughs as you experience dance fitness with a difference.						
17:30 – 20:30	SATURDAY from 17:30: Residents Dinner in the restaurant from 17:30 - 20:00pm – FITCAMPS PARTY 20:30 with welcome drink CARNIVAL TIME in the Atrium								

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09:00 – 09:45	DrumFITT with Lisa Measures - Unleash your energy, an electrifying group exercise fitness experience that combines the raw power of drumming with high energy cardio movement. Feel the adrenaline as disco lights, glow in the dark drumsticks, empowering choreography and an epic feel good soundtrack come together to create an unforgettable workout. Every beat fuels your body, the atmosphere ignites your spirit, and you leave feeling stronger, empowered and unstoppable.	RockBox Recharge with Jade and Team – After the chaos comes the calm.... but make it Rock! This session is bringing you stretch, tone, balance and pure euphoric chill, all set to a soundtrack of rock ballads and acoustic covers that hit differently. A low impact, feel in your bones workout. This is your reset button.	Discozanie with Nicola Fulin - A high energy 70's inspired workout where the music lifts you, the vibes are infectious, and every move feels like a dance floor moment. Expect fun, easy to follow rountines and plenty of smiles. Retro sweat head and wrist bands are provided!	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!	Farewell Spin with Michelle – Join in and sweat out last night and wake up your body to in the fab spin session with Michelle, as you rev up with fab tunes.	Rhythmic Yoga Sculpt with Michelle - full body strengthening combines Yoga-based bodyweight movements with resistance training targeting the arms, legs, glutes and back.	HydroYoga With Ollie	Aerial Hammock Cocoon with Stacey Snedden & the XPERT Fitness Team. Escape the stresses of everyday life and discover a moment of calm in our Aerial Hammock Cocoon class. Suspended in the soft embrace of an aerial hammock, you'll enjoy a gentle, restorative experience.	NMNP Beach Reset with Euan Mutch (Weather Permitting) – Meet at reception before heading to the beach for a refreshing outdoor session combining walking, jogging, functional exercises and mindset coaching. One of my NMNP instructors will stay at the back with anyone who wants to go at a steadier pace, so nobody gets left behind.
10:00 – 10:45	MOSSA Group Fight – Holly Lynch. A high-energy, 45 minute group fitness workout inspired by mixed martial arts (MMA). It combines moves from boxing, kickboxing, Muay Thai and traditional martial arts, pairing them with thrilling music and motivational coaching to build exceptional cardio fitness, total body strength and coordination.	70's Rhythm with Rachel Webb. A fabulous mega mix of Hi -Lo with dance moves to some of your favourite tunes. Designed to build confidence, flow effortlessly and keep energy high.	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 simply cannot stand still but move through the themes. Ideal for any ability to do.	HeroBoard™ Pilates Experience this NEW to the UK low impact, performance driven method, designed to build strength, control and muscular endurance through intentional movement. Using the HEROBOAD a compact wheeled platform, you will be taken through a series of movement that will challenge stability, balance and precision throughout your session and leave you feeling accomplished and strong!		TPP Reformer Mat with the Loop band with Eileen Dixon. A fablous TPP session using the Reformer Pilates principles and TPP fascia body work.	Hydro Hand Buoys and Noodles with Shak & Helen.	Flexibility Flow with Stacey Snedden & the XPERT Fitness Team. Helping you improve your range of motion, increase strength through movement, and reduce the risk of injury. Suitable for all abilities.	
11:00 – 11:45	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, and all set to great tunes. Suitable for all fitness levels.	Eastern Stretch – with Sunny Singh. A stretch and release class with Bollywood themed music for a 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.	OG JAM with Lady Kat – the original Gansta jams are here! From Old school rhythms to fresh new beats, a street dance style dance class full of flavour.	BarreWorx – Ollie teaches you exclusive FitCamps masterclass features, addictive ballet-based choreography set to an inspiring playlist. Immerse yourself in beautiful movement as we dance and tone together - No Ballet experience required.			Hydro Hand Buoys and Noodles with Shak & Helen.		
12:00 – 12:45	Latin Power Sculpt with Billijo - this perfect blend of high energy dance workout with functional strength and conditioning and a full-on party vibe. Taking funky global beats tp get the party started.	NR-CHI Reiki healing and Sound Bath with Sharon Adams. A great session with gentle Chi-Gong flowing movements that progresses to energy release using sound and reiki to help rebalance your energy centres.	Euphoria with David Muir – A fusion of easy to follow dance aerobics and dance fitness is what's in store. Get ready to move, groove and feel the Euphoria in this final session! See you on the dancefloor!!						

Thankyou for coming and don't forget to book with a deposit your room for next year and event pass FitCamps on The Prom 2027 join us November 12th - 14th