






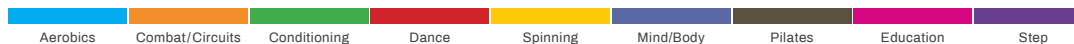


27.FRIDAY





	08:00 – 08:45	09:00 – 10:00	10:30 – 11:30	12:00 – 13:00	LUNCH	14:15 – 15:15	15:45 – 16:45	17:15 – 18:15
The Ballroom	 1007	MARY POPPINS RETURNS STUART HARROP 1007	POUND® SWEAT. SCULPT. ROCK. JESS McKEE & KYLIE BOND 1022	DANCE FITNESS WORKOUT FIRE TONY STONE 1037		ABDOMINAL REVOLUTION TAKE 1 KELLY REED 1052	AIN'T NO PARTY LIKE AN OLD SKOOL PARTY JO ALI (PARRY) 1067	HAPPY HOUR RACHEL TUNSTALL 1081
The Showcase Arena	MORNING WAKE UP CIRCUITS KATY MOORE 1000	HOUSE DANCE TONY STONE 1008	STEP LEVEL 2 RACHEL HOLMES & STEVE WATSON 1023	HARLEM HOLLY LYNCH & THE HIITSTEP TEAM 1038		KONGA® AMY BOBBINS THE JUNGLE BODY® 1053	BOUNCE DANCEFIT FRANCO CONQUISTA & THE BOUNCE DANCEFIT TEAM 1068	ULTIMATE BODYWEIGHT WORKOUT KEITH COLEMAN 1082
The Step Olympia	STEP FRESH KEITH COLEMAN 1001	STEP FLOW IVAN KEIM 1009	STEP DANCE ERALDO LESKO 1024	STEP FUSION LUCIANO MOTTOLA 1039		STEP COCKTAIL CHRISTOS GABRIEL 1054	STEP ATTITUDE ANTON TODOROV 1069	CRAZY STEP MARTIAL PUSTOCH 1083
The Pavillion	PROGRESSIVE FITNESS PILATES RACHEL HOLMES 1002	THE SLOW BURN CAROL MARIE & LIZZIE MARIE FITNESS FLOW PILATES 1010	SPIKEY BALLS, BANDS & BREATHING LYDIA CAMPBELL 1025	WHY IS FAT LOSS SO COMPLICATED? TOM BAINBRIDGE BTN ACADEMY 1040		TPP BARRE & BALLS LYDIA CAMPBELL & ALI GREEN 1055	IN'10'CITY CERI HANNAN 1070	BACK TO BASICS HELEN PYBUS 1084
The Lounge	MOVE, MEDITATE & EDUCATE NICKY & PAULA TRAINED ACADEMY 1003	YOGA STRENGTH & CORE SIMONE HODGKINSON 1011	FREESTYLE YOGA FLOW JAYNE NICHOLLS 1026	WORK YOUR CORE LIKE NEVER BEFORE CAROL MARIE & LIZZIE MARIE FITNESS FLOW PILATES 1041		PILATES FLOW STRENGTH SAVA ASSENOV 1056	FREESTYLE FLOW CAROL MARIE & LIZZIE MARIE FITNESS FLOW PILATES 1071	BREATHE A BETTER LIFE JAYNE NICHOLLS 1085
The Spanish Hall	DANCE MANIA CHRISTOS GABRIEL 1004	THE LOOP BAND WORKOUT 2020 KELLY REED 1012	STREET RAGGA MARTIAL PUSTOCH 1027	AERO FOR ALL KEITH COLEMAN 1042		DANCE AEROBICS ERALDO LESKO 1057	AERO DANCE STYLE LUCIANO MOTTOLA 1072	IFS GETFUNKD FAMILY REUNION NIKKIE RIOZZI 1086
The Baronial Hall	MO'S HIP HOP MORIS CARDONE 1005	STEP INTENSE RACHEL TUNSTALL 1013	BREAKLETICS® HIIT THE BEAT PETAIR SOWINSKI 1028	BROADWAY BOOGIE STEPHANIE WALKER 1043		URBAN FUNK: BRINGING THE BEAT BACK RICHARD CALLENDER 1058		LEGS, BUMS & TUMS ALI GREEN 1087
The Renaissance Room	 1014	BODY LANGUAGE ZOE McNULTY 1014	SOUL JAZZ SAVA ASSENOV 1029	KETTLEBELL CHALLENGE STEVE WATSON 1044		BACK UP BABES ZOE McNULTY 1059	KETTLEBELL FLOW STEVE PAYNE 1073	LAS VEGAS SHOWGIRLS SAVA ASSENOV 1088

27.FRIDAY








	08:00 – 08:45	09:00 – 10:00	10:30 – 11:30	12:00 – 13:00	LUNCH	14:15 – 15:15	15:45 – 16:45	17:15 – 18:15
Athleticum® Spinning® P.R.O.S. (Theatre Bar)		ZONE IT SANDRO MORELLI 1015	IMAGINE JOAO FERREIRA 1030	FIESTANISTAS PRU COMBEN 1045		THE PAIN EQUATION BRIAN McKENNA 1060	POWER TAP CAT BOOKER 1074	WELCOME TO TREASURE LAND KARSTEN KRAUSE 1089
Athleticum® P.R.O.S. Lecture Zone (Floral Suite)		GOALS SETTING FOR FITNESS PROFESSIONALS MATT COTTLE 1016	THE AEROBIC ADVANTAGE BRIAN McKENNA 1031	RETENTION: THE FACTS AND HOW TO MAKE THEM STAY! MARINA THOMAS 1046		PROFESSIONAL RECOVERY AND REGENERATION USING VIBRATION MATT COTTLE 1061	DEADLIFT ANALYSIS RACHEL FRANCE 1075	THE LAW OF ATTRACTION MARINA THOMAS 1090
Athleticum® P.R.O.S. Spinpower Zone		COACHING WITH MYZONE: BEFORE, DURING & AFTER BILLY BURCHETT 1017	KEEP IT REAL KARSTEN KRAUSE 1032	THE THRESHOLD GAMBLER CAT BOOKER 1047		CREATING MEMORABLE SPINNING® EVENTS KARSTEN KRAUSE 1062	INJURY AND PAIN: WHAT'S THE DIFFERENCE? MIKE GRICE 1076	POWER TRAINING DESIGN JOAO FERREIRA 1091
Athleticum® Gun-Ex® Zone (The Horseshoe)		GUN-EX® BURN LEE DRAYTON 1018	BIOMECHANICALLY TEST YOUR OWN BODY RACHEL FRANCE 1033	GUN-EX® AN INTRODUCTION TO STUDIO GROUP TRAINING JAN MARVIN 1048		GUN-EX® SPEED MEL DRAYTON 1063	GUN-EX® STRENGTH LEE DRAYTON 1077	GUN-EX® POWER MEL DRAYTON 1092
Athleticum® The Rig Zone (The Horseshoe)		SPIN® FUSION: CROSSCORE® CAT BOOKER 1019	LOWER BODY BLAST: 4D PRO® BUNGEE JO ASHTON 1034	ANTIGRAVITY® DECOMPRESSION SESSION NUNO CAMPOS 1049		ANTIGRAVITY® SUSPENSION FITNESS: STRENGTHEN & STRETCH NUNO CAMPOS 1064	SUPERMAN ABS: 4D PRO® BUNGEE HELEN FARROW 1078	CROSSCORE® CIRCUITS BRIAN McKENNA 1093
Xpert Pole Playground (The Horseshoe)		POLE CIRCUITS XPERT TEAM 1020	POLE FLOW XPERT TEAM 1035	SPINNING POLE XPERT TEAM 1050		AERIAL CIRCUITS XPERT TEAM 1065	FLEXIBILITY FLOW XPERT TEAM 1079	AERIAL HAMMOCK XPERT TEAM 1094
Xpert Aerial Playground (The Horseshoe)		AERIAL HAMMOCK: FLOW & FLY XPERT TEAM 1006	AERIAL HAMMOCK: TRICKS XPERT TEAM 1021	AERIAL SILKS: ART OF AERIAL SILKS XPERT TEAM 1036		AERIAL CIRCUITS XPERT TEAM 1066	AERIAL SILKS: ART OF AERIAL SILKS XPERT TEAM 1080	AERIAL HAMMOCK: STRETCH & RELAX XPERT TEAM 1095

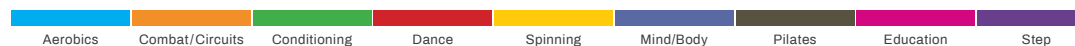


28.SATURDAY











	08:00 – 08:45	09:00 – 10:00	10:30 – 11:30	12:00 – 13:00	LUNCH	14:15 – 15:15	15:45 – 16:45	17:15 – 18:15
The Ballroom	THEATRE DANCE IVAN KEIM 2000	FREESTYLE FOREVER JO ALI (PARRY) & STEVE WATSON 2008	BADASS FRANCO CONQUISTA & THE BOUNCE DANCEFIT TEAM 2023	BALLROOM FITNESS™ ELISABETH DALSGAARD 2038		ABDOMINAL REVOLUTION TAKE 2 KELLY REED 2053	POUND® SWEAT. SCULPT. ROCK. JESS McKEE & KYLIE BOND 2067	OLD SKOOL HYPE DANCE TONY STONE 2081
The Showcase Arena	SIX PACK ATTACK! KATY MOORE 2001	ARMAGEDDON: BLACK SERIES RICHARD CALLENDER 2009	((BOUNCE)) TEAM ((B)) 2024	HEAVEN HOLLY LYNCH & THE HIITSTEP TEAM 2039		((BOUNCE)) TEAM ((B)) 2054	CONTEMPORARY FOR 2 MORIS CARDONE & IVAN KEIM 2068	ROCK'N'ROBICS ELISABETH DALSGAARD 2082
The Step Olympia	STEP TO THE MUSIC CHRISTOS GABRIEL 2002	L STEP LUCIANO MOTTOLA 2010	CLUBBERCISE® ANNA MARTIN & SONIQUE SMITH 2025	STEP PROGRESSION ANTON TODOROV 2040		THE MASTER OF STEP STEVE WATSON 2055	STEP BAT ANASTASIA ALEXANDRIDI 2069	STEP INFERNO KEITH COLEMAN 2083
The Pavillion	STRETCH THERAPY STUART HARROP 2003	PRIMAL MUSCLE & MOVEMENT SIMONE HODGKINSON 2011	GROOVE-IT FIT CHARLOTTE BRAWN 2026	FAT LOSS STRATEGIES FOR GROUP EXERCISE TOM BAINBRIDGE BTN ACADEMY 2041		IFS WELCOME 2 MY HOUSE NIKKIE RIOZZI 2056	DISTRUPTIVE ACTIVATION HIIT RACHEL HOLMES 2070	DYNAMIC FLOW RACHEL TUNSTALL 2084
The Lounge	TPP BODY RESTORE THE SPIKY BALL WAY LYDIA CAMPBELL 2004	PILATES POWER OF THE LOOP CARROLL LOCKE 2012	MOBILISE YOUR SPINE HELEN PYBUS 2027	FREESTYLE FITNESS YOGA PARTY JAYNE NICHOLLS 2042		RESISTANCE MAKE THE DIFFERENCE CAROL MARIE & LIZZIE MARIE FITNESS FLOW PILATES 2057	PILATES PARTNER WORKSHOP ERALDO LESKO 2071	PILATES WITH MINDFULNESS HELEN PYBUS 2085
The Spanish Hall	DANCE ATTITUDE ANTON TODOROV 2005	KONGA® AMY BOBBINS THE JUNGLE BODY® 2013	BROADWAY BOOGIE STEPHANIE WALKER 2028	PILATES CORE GALORE CARROLL LOCKE 2043				
The Baronial Hall		BREAKLETICS® HIIT THE BEAT PETAIR SOWINSKI 2014	SOULSA KAREN GIBSON 2029	ZUMBA® NATALIE CONSTANTI 2044		'SINGIN IN THE RAIN' KATY ROBINSON ON BROADWAY® DANCE FITNESS 2058	STRONG BY ZUMBA® NATALIE CONSTANTI 2072	FIT4TAP SUE ALLEN HUDSON 2086
The Renaissance Room	FOREVER YOUNG ANASTASIA ALEXANDRIDI 2006	HOUSE DANCE MARTIAL PUSTOCH 2015	TWERKFIT ANN-MARIE FIELDS 2030	POSE SAVA ASSENOV 2045		TWERKFIT ANN-MARIE FIELDS 2059	RAUNCH ZOE MCNULTY 2073	KETTLEBELLS COMBINATIONS STEVE PAYNE 2087

28.SATURDAY

	08:00 – 08:45	09:00 – 10:00	10:30 – 11:30	12:00 – 13:00	LUNCH	14:15 – 15:15	15:45 – 16:45	17:15 – 18:15
Athleticum® Spinning® P.R.O.S. (Theatre Bar)		THE RUSH BRIAN McKENNA 2016	POWER RANGERS HELEN FARROW 2031	THE FIX SARAH MORELLI 2046		SIGH OF BLISS KARSTEN KRAUSE 2060	TOMORROWLAND JOAO FERREIRA 2074	BETWEEN 2 BREATHS BRIAN McKENNA 2088
Athleticum® P.R.O.S. Lecture Zone (Floral Suite)		FUSION UNPLUGGED PART 1 CAT BOOKER 2017	RECOVERY IN A BOX MATT COTTLE 2032	BEHAVIOUR CHANGE SYSTEMISED RACHEL FRANCE 2047		STORYTELLER-RIDE CREATION BRIAN McKENNA 2061	THE 4 E'S OF SUCCESS USING MYZONE BILLY BURCHETT 2075	PERSONALITY AND COMMUNICATION SKILLS JOAO FERREIRA 2089
Athleticum® P.R.O.S. Spinpower Zone		MUSIC MAGIC JOAO FERREIRA 2018	LET'S TALK ABOUT CLASS DESIGN KARSTEN KRAUSE 2033	FUSION UNPLUGGED PART 2 CAT BOOKER 2048		SPINPOWER® WATTS YOUR THRESHOLD SANDRO MORELLI 2062	BEATS & WATTS CAT BOOKER 2076	LET THE MUSIC PLAY KARSTEN KRAUSE 2090
Athleticum® Gun-Ex® Zone (The Horseshoe)		DYNAMIC KNEE STABILITY RACHEL FRANCE 2019	GUN-EX® POWER LEE DRAYTON 2034	GUN-EX® BURN MEL DRAYTON 2049		GUN-EX® AN INTRODUCTION TO STUDIO GROUP TRAINING SARAH MORELLI 2063	GUN-EX® SPEED DRILLS MATT COTTLE 2077	GUN-EX® STRENGTH ON TOP LEE DRAYTON 2091
Athleticum® The Rig Zone (The Horseshoe)		BUNGEE FLEX: 4D PRO® BUNGEE HELEN FARROW 2020	CORE & POSTERIOR CHAIN: 4D PRO® BUNGEE JO ASHTON 2035	ANTIGRAVITY® AERIAL YOGA: EXPLORE SPACE NUNO CAMPOS 2050		ANTIGRAVITY® RESTORATIVE YOGA: GENTLE DEPTH NUNO CAMPOS 2064	4D PRO® BUNGEE ALIGN PRU COMBEN 2078	CROSSCORE® SUSPENSION DIFFERENTIAL MATT COTTLE 2092
Xpert Pole Playground (The Horseshoe)		POLE FLOW XPERT TEAM 2021	SPINNING POLE XPERT TEAM 2036	POLE CIRCUITS XPERT TEAM 2051		AERIAL CIRCUITS XPERT TEAM 2065	FLEXIBILITY FLOW XPERT TEAM 2079	
Xpert Aerial Playground (The Horseshoe)		AERIAL HAMMOCK: FLOW & FLY XPERT TEAM 2007	XPERT AERIAL HOOP: STRIKE A POSE XPERT TEAM 2022	AERIAL SILKS: ART OF AERIAL SILKS XPERT TEAM 2037		AERIAL CIRCUITS XPERT TEAM 2066	FLEXIBILITY FLOW XPERT TEAM 2080	AERIAL HAMMOCK: STRETCH & RELAX XPERT TEAM 2093



29.SUNDAY

	08:30 – 09:30	10:00 – 11:00	11:30 – 12:30	13:00 – 14:00	14:30 – 15:30
The Ballroom		GLUTES, ABS & ARMS RACHEL TUNSTALL 3011	FIGHT CREW KATY MOORE 3024	FOR THE LOVE OF LYRICAL JO ALI (PARRY) 3037	
The Showcase Arena	FLEXIBILITY ERALDO LESKO 3000	STREET JAZZ MORIS CARDONE 3012	"THE" CHAIR DANCE TONY STONE 3025	PURE CONDITIONING STUART HARROP 3038	LEGS, BUMS & TUMS KATY MOORE 3045
The Step Olympia	STEP MIX ANTON TODOROV 3001	STEP'N'STYLE MARTIAL PUSTOCH 3013	STEP IFS 2020 ANASTASIA ALEXANDRIDI 3026	STEP TOGETHER KEITH COLEMAN 3039	STEP TO THE MUSIC CHRISTOS GABRIEL 3046
The Pavillion	BASIC STEP (LEVEL 1) KELLY REED 3002	YOGA FOR HEALTHY BACKS SIMONE HODGKINSON 3014	STRETCH & RELEASE CAROL MARIE & LIZZIE MARIE FITNESS FLOW PILATES 3027	MIND YOUR PILATES CHERRY BAKER 3040	THE FINAL COUNTDOWN CHERRY BAKER 3047
The Lounge	TWINKLE TONING HELEN PYBUS 3003		LOOP DE LOOP CHERRY BAKER 3028		PILATES CHILL ZONE CARROLL LOCKE 3048
The Spanish Hall	DANCE SENSATION LUCIANO MOTTOLA 3004	LATIN JAM ELISABETH DALSGAARD 3015	DANCE BEAT IVAN KEIM 3029	HI LO FLOORSHOW RACHEL TUNSTALL 3041	IFS EXPRESS YOURSELF NIKKIE RIOZZI 3049
The Baronial Hall	BLONDE FUNK JAZZ ANASTASIA ALEXANDRIDI 3005	'YOU'RE THE ONE THAT I WANT' GREASE KATY ROBINSON ON BROADWAY® DANCE FITNESS 3016	BROADWAY BOOGIE STEPHANIE WALKER 3030		
The Renaissance Room			KETTLEBELL XTREME STEVE PAYNE 3031		

29.SUNDAY

	08:30 – 09:30	10:00 – 11:00	11:30 – 12:30	13:00 – 14:00	14:30 – 15:30
Athleticum® Spinning® P.R.O.S. (Theatre Bar)	THE BIG CHILL: DEEP DIVE SARAH MORELLI 3006	EXPLORATION OF SPACE KARSTEN KRAUSE 3017	ONE WAY CAT BOOKER 3032	GRAND FINALE: FUTURE RIDER JOAO FERREIRA & KARSTEN KRAUSE <i>90 minute ride</i> 3042	
Athleticum® P.R.O.S. Lecture Zone (Floral Suite)	SHHHHH BRAIN HELEN FARROW 3007	SLEEP: THE 7 HABITS OF SUCCESSFUL SLEEPERS! MATT COTTLE 3018	AGEING ACTIVELY ENOUGH PRU COMBEN 3033	DESK BASED EXERCISE: IMOVEFREELY RACHEL FRANCE 3043	
Athleticum® P.R.O.S. Spinpower Zone	SPIN® YOGA - YIN - YANG CAT BOOKER 3008	SOCIAL INFLUENCER JOAO FERREIRA 3019	CAN YOU BEAT THE TOASTER? HELEN FARROW 3034		
Athleticum® Gun-Ex® Zone (The Horseshoe)	CORE RATIO TESTING RACHEL FRANCE 3009	GUN-EX® SPEED LEE DRAYTON 3020	GUN-EX® TEAM BURN LEE DRAYTON & MEL DRAYTON 3035		
Athleticum® The Rig Zone (The Horseshoe)	TRAIN SMARTER AND HARDER ALISTAIR CUNNINGHAM 3010	UPPER BODY BLAST: 4D PRO® BUNGEE JO ASHTON 3021	ANTIGRAVITY® AIRBARRE: ARTICULATE & ALIGN NUNO CAMPOS 3036	ANTIGRAVITY® COCOONING NUNO CAMPOS 3044	
Xpert Pole Playground (The Horseshoe)		FLEXIBILITY FLOW XPRT TEAM 3022			
Xpert Aerial Playground (The Horseshoe)		FLEXIBILITY FLOW XPRT TEAM 3023			