

# Q3 2019 QUARTERLY WORKSHOPS SCHEDULE

## REGION 2: BOOKINGS OPEN 8TH AUGUST

**LES MILLS**  
QUARTERLY WORKSHOP

### DAVID LLOYD BELFAST

115 OLD DUNDONALD RD, BT16 1DL, N.IRELAND

#### 31ST AUGUST

11:20-12:40	BODYATTACK™	STUDIO 1
12:50-14:20	BODYCOMBAT™	STUDIO 1
14:30-16:00	LES MILLS GRIT™ CARDIO	STUDIO 1
14:30-16:00	BODYBALANCE™	STUDIO 2
16:10-17:40	RPM™	CYCLE STUDIO
16:10-17:40	BODYPUMP™	STUDIO 1

### SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE

ALCESTER ROAD, BIRMINGHAM, B14 6ER

#### 31ST AUGUST

11:20-12:50	BODYPUMP™	STUDIO 1
13:00-14:30	BODYATTACK™	STUDIO 1
13:00-14:30	BODYBALANCE™	STUDIO 2
14:40-16:10	BODYPUMP™	STUDIO 1
14:40-16:10	RPM™	CYCLE STUDIO
16:20-17:50	LES MILLS GRIT™ CARDIO	STUDIO 2

### DAVID LLOYD WARRINGTON

CROMWELL AVENUE SOUTH WARRINGTON, WA5 1HH, CHESHIRE

#### 1ST SEPTEMBER

11:40-13:10	BODYPUMP™	STUDIO 1
13:20-14:40	BODYCOMBAT™	STUDIO 1
13:20-14:40	LES MILLS SPRINT™	CYCLE STUDIO
14:50-16:20	RPM™	CYCLE STUDIO
14:50-16:20	BODYATTACK™	STUDIO 1
16:30-18:00	LES MILLS GRIT™ CARDIO	STUDIO 1
16:30-18:00	BODYBALANCE™	STUDIO 2

### NUFFIELD HEALTH PRESTON

THE CAPITOL CENTRE, WALTON LE DALE, PRESTON, LANCA-SHIRE, PR54AW

#### 1ST SEPTEMBER

10:50-12:20	RPM™	CYCLE STUDIO
12:30-14:00	BODYPUMP™	STUDIO 2
14:10-15:40	BODYBALANCE™	STUDIO 1
14:10-15:40	LES MILLS GRIT™ CARDIO	STUDIO 2
14:10-15:40	LES MILLS SPRINT™	CYCLE STUDIO
15:50-17:20	SH'BAM™	STUDIO 1
15:50-17:20	BODYATTACK™	STUDIO 2
17:30-19:00	BODYJAM™	STUDIO 1
17:30-19:00	BODYCOMBAT™	STUDIO 2

### WESTWOOD CLUB - CLONTARF

CLONTARF ROAD, CLONTARF, D03T6T3, IRELAND

#### 1ST SEPTEMBER

08:10-09:40	BODYATTACK™	STUDIO 1
09:50-10:50	CXWORX™	STUDIO 1
11:00-12:15	RPM™	CYCLE STUDIO
12:15-13:45	BODYPUMP™	STUDIO 1
15:30-16:30	LES MILLS SPRINT™	CYCLE STUDIO
13:50-15:20	BODYBALANCE™	STUDIO 1
14:00-15:00	LES MILLS GRIT™ CARDIO	STUDIO 2
15:30-16:45	LES MILLS TONE™	STUDIO 1
17:00-18:30	BODYCOMBAT™	STUDIO 1

### BANNATYNE FITNESS INVERNESS

INSHES RETAIL PARK, INVERNESS, SCOTLAND, IV23TW

#### 7TH SEPTEMBER

09:00-10:30	BODYPUMP™	STUDIO 1
10:40-12:10	BODYCOMBAT™	STUDIO 1
12:20-13:50	BODYBALANCE™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 1
15:40-17:10	RPM™	CYCLE STUDIO

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## REGION 2: BOOKINGS OPEN 8TH AUGUST

**LES MILLS**  
QUARTERLY WORKSHOP

DAVID LLOYD ABERDEEN GARTHDEE RD, ABERDEEN, AB10 7AY		
8TH SEPTEMBER		
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	BODYATTACK™	STUDIO 1
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	BODYBALANCE™	STUDIO 2
15:40-17:10	BODYCOMBAT™	STUDIO 1

SHREWSBURY SPORTS VILLAGE SUNDORNE ROAD SHREWSBURY, SHROPSHIRE SY1 4RQ		
8TH SEPTEMBER		
12:00-13:30	BODYPUMP™	STUDIO 1
13:40-15:10	BODYCOMBAT™	STUDIO 1
15:20-16:50	RPM™	CYCLE STUDIO
15:20-16:50	BODYATTACK™	STUDIO 1

SERCO LEISURE - COCKS MOORS WOODS LEISURE CENTRE ALCESTER ROAD, BIRMINGHAM, B14 6ER		
8TH SEPTEMBER		
09:00-10:30	LES MILLS BARRE™	STUDIO 2
10:40-12:10	BODYBALANCE™	STUDIO 2
12:20-13:50	BODYPUMP™	STUDIO 1
12:20-13:50	SH'BAM™	STUDIO 2
14:00-15:30	LES MILLS TONE™	STUDIO 1
14:00-15:30	BODYCOMBAT™	STUDIO 2
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	BODYJAM™	STUDIO 2
15:40-17:10	CXWORX™	STUDIO 1
15:40-17:10	LES MILLS SPRINT™	CYCLE STUDIO

DAVID LLOYD YORK ST JOHNS PLAYING FIELD, YORK, YO10 3LG		
14TH SEPTEMBER		
09:00-10:30	RPM™	CYCLE STUDIO
12:30-14:00	BODYCOMBAT™	STUDIO 1
14:10-15:40	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYATTACK™	STUDIO 1
15:50-17:20	BODYPUMP™	STUDIO 1

SHEFFIELD INT VENUES LTD - PONDS FORGE INTERNATIONAL SPORTS SHEAF STREET, SHEFFIELD, S1 2BP, SOUTH YORKSHIRE		
8TH SEPTEMBER		
09:00-10:30	BODYBALANCE™	STUDIO 2
09:00-10:30	BODYPUMP™	STUDIO 1
10:40-12:10	BODYBALANCE™	STUDIO 2
10:40-12:10	BODYCOMBAT™	STUDIO 1
12:20-13:50	BODYPUMP™	STUDIO 1
12:20-13:50	BODYJAM™	STUDIO 2
14:00-15:30	BODYATTACK™	STUDIO 1
14:00-15:30	SH'BAM™	STUDIO 2
14:00-15:30	RPM™	CYCLE STUDIO
15:40-17:10	CXWORX™	STUDIO 1
15:40-17:10	LES MILLS BARRE™	STUDIO 2
15:40-17:10	LES MILLS SPRINT™	CYCLE STUDIO

\* FOR CXWORX™, LES MILLS TONE™ & BODYBALANCE™ PLEASE BRING YOUR OWN BAND/TUBE AND/OR MAT.  
TO BOOK, PLEASE LOG INTO YOUR INSTRUCTOR PORTAL ACCOUNT. ALL QUARTER 3 EVENTS WILL BE UNDER "Q3" FOLLOWED BY DATE AND LOCATION.  
PLEASE NOTE ANY UNREQUIRED BOOKINGS MUST BE CANCELLED IN ORDER TO OPEN UP SPACES FOR INSTRUCTORS WHO NEED THEM. PLEASE CALL THE OFFICE IF YOU WISH TO CANCEL YOUR BOOKING.  
ALL QUARTERLY WORKSHOP DETAILS ARE CORRECT AT THE TIME OF PUBLICATION BUT ARE SUBJECT TO CHANGE.

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**LES MILLS**  
QUARTERLY WORKSHOP

<b>HOLYWELL FITNESS CENTRE</b> LOUGHBOROUGH UNIVERSITY, ASHBY ROAD, LEICESTER-SHIRE, LE11 3GR		
<b>14TH SEPTEMBER</b>		
09:00-10:30	BODYPUMP™	STUDIO 1
10:40-12:10	BODYATTACK™	STUDIO 1
12:20-13:50	BODYPUMP™	STUDIO 1
14:00-15:30	CXWORX™	STUDIO 1
09:00-10:30	BODYCOMBAT™	STUDIO 2/CYCLE STUDIO
10:40-12:10	BODYBALANCE™	STUDIO 2/CYCLE STUDIO
12:20-13:50	LES MILLS GRIT™ CARDIO	STUDIO 2/CYCLE STUDIO
14:00-15:30	RPM™	STUDIO 2/CYCLE STUDIO

<b>TAMESIDE SPORTS TRUST - ITRAIN</b> DUKINFIELD POOL, BIRCH LANE DUKINFIELD, GREATER MANCHESTER SK16 5AP		
<b>15TH SEPTEMBER</b>		
10:30-12:00	BODYPUMP™	STUDIO 1
12:10-13:40	BODYCOMBAT™	STUDIO 1
13:50- 15:20	BODYBALANCE™	STUDIO 1
13:50- 15:20	LES MILLS SPRINT™	CYCLE STUDIO
15:30-17:00	RPM™	CYCLE STUDIO
15:30-17:00	LES MILLS GRIT™ CARDIO	STUDIO 1

<b>DAVID LLOYD EDINBURGH CORSTORPHINE</b> 89B GLASGOW RD, EDINBURGH WEST, EH12 8GZ		
<b>15TH SEPTEMBER</b>		
12:50-14:20	BODYPUMP™	STUDIO 1
14:30-16:00	BODYCOMBAT™	STUDIO 1
14:30-16:00	RPM™	CYCLE STUDIO
16:10-17:40	BODYBALANCE™	STUDIO 2
16:10-17:40	LES MILLS SPRINT™	CYCLE STUDIO
16:10-17:40	BODYATTACK™	STUDIO 1
17:50-19:20	BODYSTEP™	STUDIO 1
17:50-19:20	LES MILLS GRIT™ CARDIO	STUDIO 2

<b>DAVID LLOYD TEESSIDE</b> TEES BARRAGE WAY, STOCKTON ON TEES, TS17 6QA		
<b>15TH SEPTEMBER</b>		
12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	BODYCOMBAT™	STUDIO 1
15:30-17:00	BODYATTACK™	STUDIO 1
17:10-18:40	BODYBALANCE™	STUDIO 2