

Q3 2019 QUARTERLY WORKSHOPS SCHEDULE

REGION 1: BOOKINGS OPEN 7TH AUGUST

LES MILLS
QUARTERLY WORKSHOP

PURE GYM - LONDON ALDGATE

THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH,
EC3A 7AG, LONDON

30TH AUGUST

08:30-10:00	RPM™	CYCLE STUDIO
10:10-11:40	BODYPUMP™	STUDIO 1
14:10-15:40	BODYBALANCE™	STUDIO 1
15:50-17:10	BODYATTACK™	STUDIO 1

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

31ST AUGUST

10:50-12:20	BODYBALANCE™	STUDIO 2
12:30-14:00	RPM™	CYCLE STUDIO
12:30-14:00	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1
15:50-17:20	LES MILLS GRIT™ CARDIO	STUDIO 1

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM

1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW,
E4 8SJ

31ST AUGUST

12:30-1400	BODYPUMP™	STUDIO 3
14:10-15:40	BODYATTACK™	STUDIO 3
15:50-17:20	BODYSTEP™	STUDIO 3

GREENWICH LEISURE - OASIS SWINDON

NORTH STAR AVENUE, SWINDON, WILTSHIRE, SN2 1EP

31ST AUGUST

09:00-10:30	LES MILLS BARRE™	STUDIO 2
09:00-10:30	BODYPUMP™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
10:40-12:10	SH'BAM™	STUDIO 2
12:20-13:50	BODYCOMBAT™	STUDIO 1
12:20-13:50	BODYJAM™	STUDIO 2
14:00-15:30	BODYBALANCE™	STUDIO 1
15:40-17:10	CXWORX™	STUDIO 1
15:40-17:10	RPM™	CYCLE STUDIO

SOUTH DOWNS LEISURE TRUST - WORTHING LEISURE CENTRE

WORTHING, WEST SUSSEX, BN12 4ET

31ST AUGUST

12:00-13:30	BODYBALANCE™	STUDIO 1
12:00-13:30	BODYPUMP™	STUDIO 2
13:40-15:10	BODYCOMBAT™	STUDIO 2
13:40-15:10	BODYATTACK™	STUDIO 1
15:20-16:50	LES MILLS GRIT™ CARDIO	STUDIO 1
15:20-16:50	BODYPUMP™	STUDIO 2
17:00-18:30	CXWORX™	STUDIO 2

VILLAGE HOTELS & LEISURE LTD - BOURNEMOUTH

WESSEX FIELDS, BOURNEMOUTH, DORSET, BH7 7DZ

31ST AUGUST

09:20-10:50	RPM™	CYCLE STUDIO
12:10-13:40	BODYPUMP™	STUDIO 1
13:50-15:20	BODYCOMBAT™	STUDIO 1
13:50-15:20	LES MILLS SPRINT™	CYCLE STUDIO
15:30-17:00	BODYPUMP™	STUDIO 1
17:10-18:40	BODYBALANCE™	STUDIO 1

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REGION 1: BOOKINGS OPEN 7TH AUGUST

LES MILLS
QUARTERLY WORKSHOP

1LIFE - WOUGHTON LEISURE CENTRE RAINBOW DRIVE, CHAFFRON WAY, LEADENHALL MILTON KEYNES, MK6 5EJ		
1ST SEPTEMBER		
09:00-10:30	BODYPUMP™	STUDIO 1
09:00-10:30	BODYBALANCE™	STUDIO 2
10:40-12:10	BODYATTACK™	STUDIO 1
10:40-12:10	BODYBALANCE™	STUDIO 2
12:20-13:50	LES MILLS GRIT™ CARDIO	STUDIO 1
12:20-13:50	BODYSTEP™	STUDIO 2
14:00-15:30	RPM™	CYCLE STUDIO
14:00-15:30	BODYPUMP™	STUDIO 1
14:00-15:30	BODYJAM™	STUDIO 2
15:40-17:10	LES MILLS SPRINT™	CYCLE STUDIO
15:40-17:10	BODYCOMBAT™	STUDIO 1
15:40-17:10	SH'BAM™	STUDIO 2

NUFFIELD HEALTH CAMBRIDGE 213 CROMWELL ROAD, CAMBRIDGE, CB1 3BA		
1ST SEPTEMBER		
13:20-14:50	BODYPUMP™	STUDIO 1
15:00-16:30	BODYBALANCE™	STUDIO 2
15:00-16:30	BODYATTACK™	STUDIO 1
16:40-18:10	BODYCOMBAT™	STUDIO 1

ASHFORD LEISURE TRUST - STOUR LEISURE CENTRE THE STOUR CENTRE, ASHFORD, KENT, TN23 1ET		
7TH SEPTEMBER		
10:20-11:50	BODYPUMP™	STUDIO 1
12:00-13:30	BODYCOMBAT™	STUDIO 1
13:40-15:10	BODYPUMP™	STUDIO 1
13:40-15:10	RPM™	CYCLE STUDIO
15:20-16:50	BODYBALANCE™	STUDIO 1

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
1ST SEPTEMBER		
10:50-12:20	LES MILLS BARRE™	STUDIO 2
12:30-14:00	SH'BAM™	STUDIO 2
12:30-14:00	RPM™	CYCLE STUDIO
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	LES MILLS SPRINT™	CYCLE STUDIO
15:50-17:20	BODYBALANCE™	STUDIO 1

DAVID LLOYD BRISTOL LONG ASHTON ASHTON ROAD, BRISTO, BS3 2HB, SOMERSET, UNITED KING- DOM		
7TH SEPTEMBER		
11:00-12:30	BODYPUMP™	STUDIO 1
11:00-12:30	RPM™	CYCLE STUDIO
12:40-14:10	BODYPUMP™	STUDIO 1
12:40-14:10	LES MILLS SPRINT™	CYCLE STUDIO
12:40-14:10	BODYBALANCE™	STUDIO 2
14:20-15:50	BODYCOMBAT™	STUDIO 1
14:20-15:50	LES MILLS BARRE™	STUDIO 2
16:00-17:30	BODYATTACK™	STUDIO 1
17:40-19:10	LES MILLS GRIT™ CARDIO	STUDIO 2

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM 1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW, E4 8SJ		
1ST SEPTEMBER		
11:30-13:10	BODYATTACK™	STUDIO 3
13:20-14:50	BODYCOMBAT™	STUDIO 3
13:20-14:50	RPM™	CYCLE STUDIO
15:00-16:30	LES MILLS GRIT™ CARDIO	STUDIO 3
15:00-16:30	LES MILLS SPRINT™	CYCLE STUDIO

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REGION 1: BOOKINGS OPEN 7TH AUGUST

LES MILLS
QUARTERLY WORKSHOP

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
7TH SEPTEMBER		
10:50-12:20	BODYBALANCE™	STUDIO 2
12:30-14:00	BODYJAM™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	SH'BAM™	STUDIO 2
15:50-17:20	CXWORX™	STUDIO 1

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM 1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW, E4 8SJ		
7TH SEPTEMBER		
12:30-1400	BODYCOMBAT™	STUDIO 3
14:10-15:40	BODYPUMP™	STUDIO 3
15:50-17:20	LES MILLS GRIT™ CARDIO	STUDIO 3
15:50-17:20	RPM™	CYCLE STUDIO

DAVID LLOYD IPSWICH THE HAVENS, IPSWICH, IP3 9SJ		
8TH SEPTEMBER		
12:00-13:30	BODYPUMP™	STUDIO 1
12:00-13:30	LES MILLS GRIT™ CARDIO	STUDIO 2
13:40-15:10	BODYCOMBAT™	STUDIO 1
15:20-16:50	RPM™	CYCLE STUDIO
15:20-16:50	BODYATTACK™	STUDIO 1
15:20-16:50	BODYBALANCE™	STUDIO 2
17:00-18:30	CXWORX™	STUDIO 1
17:00-18:30	LES MILLS SPRINT™	CYCLE STUDIO

FITNESS FIRST COTTONS COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN		
8TH SEPTEMBER		
10:50-12:20	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM 1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW, E4 8SJ		
8TH SEPTEMBER		
11:30-13:10	BODYSTEP™	STUDIO 3
13:20-14:50	BODYATTACK™	STUDIO 3
15:00-16:30	LES MILLS GRIT™ CARDIO	STUDIO 3

GREENWICH LEISURE - OASIS SWINDON NORTH STAR AVENUE, SWINDON, WILTSHIRE, SN2 1EP		
8TH SEPTEMBER		
09:00-10:30	BODYATTACK™	STUDIO 1
10:40-12:10	BODYPUMP™	STUDIO 1
12:20-13:50	BODYSTEP™	STUDIO 1
12:20-13:50	RPM™	CYCLE STUDIO
14:00-15:30	LES MILLS GRIT™ CARDIO	STUDIO 1
15:40-17:10	BODYBALANCE™	STUDIO 1
15:40-17:10	LES MILLS SPRINT™	CYCLE STUDIO

WOKING SPORTS BOX WOKING SPORTS BOX, EGLEY ROAD, WOKING, GU22 0AF		
8TH SEPTEMBER		
09:10-10:40	BODYBALANCE™	STUDIO 2
11:40-13:10	BODYPUMP™	STUDIO 1
13:20-14:50	BODYATTACK™	STUDIO 1
15:00-16:30	BODYCOMBAT™	STUDIO 1

PURE GYM - LONDON ALDGATE THE ST. BOTOLPH BUILDING, 138 HOUNDSDITCH, EC3A 7AG, LONDON		
13TH SEPTEMBER		
08:30-10:00	RPM™	CYCLE STUDIO
10:10-11:40	BODYPUMP™	STUDIO 1
14:10-15:40	BODYSTEP™	STUDIO 1
15:50-17:20	BODYATTACK™	STUDIO 1

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LES MILLS
QUARTERLY WORKSHOP

FITNESS FIRST COTTONS

COTTONS BUILDING, TOOLEY STREET LONDON, SE1 2QN

14TH SEPTEMBER

12:30-14:00	BODYBALANCE™	STUDIO 2
14:10-15:40	BODYBALANCE™	STUDIO 2
15:50-17:20	BODYPUMP™	STUDIO 1

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM

1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW, E4 8SJ

14TH SEPTEMBER

12:30-14:00	BODYPUMP™	STUDIO 3
14:10-15:40	BODYCOMBAT™	STUDIO 3
15:50-17:20	BODYBALANCE™	STUDIO 3

FITNESS FIRST COTTONS

COTTONS BUILDING - TOOLEY STREET, LONDON SE1 2QN

15TH SEPTEMBER

10:50-12:20	BODYBALANCE™	STUDIO 2
12:30-14:00	LES MILLS BARRE™	STUDIO 2
14:10-15:40	BODYPUMP™	STUDIO 1
14:10-15:40	SH'BAM™	STUDIO 2
15:50-17:20	LES MILLS TONE™	STUDIO 1
15:50-17:20	BODYJAM™	STUDIO 2

GREENWICH LEISURE - BETTER GYM WALTHAMSTOW STADIUM

1 THE TOTE BUILDING; CHINGFORD ROAD, WALTHAMSTOW, E4 8SJ

15TH SEPTEMBER

11:30-13:10	BODYATTACK™	STUDIO 3
13:20-14:50	BODYCOMBAT™	STUDIO 3
15:00-16:30	LES MILLS GRIT™ CARDIO	STUDIO 3

VIRGIN ACTIVE THUNDERSLEY

200 RAYLEIGH ROAD, RAYLEIGH, SS7 3YN, ESSEX

15TH SEPTEMBER

08:20-09:50	BODYPUMP™	STUDIO 1
08:20-09:50	RPM™	CYCLE STUDIO
10:00-11:30	BODYCOMBAT™	STUDIO 1
10:00-11:30	SH'BAM™	STUDIO 2
11:40-13:10	BODYJAM™	STUDIO 2
11:40-13:10	LES MILLS SPRINT™	CYCLE STUDIO
11:40-13:10	BODYATTACK™	STUDIO 1
13:20-14:50	BODYBALANCE™	STUDIO 2
13:20-14:50	BODYPUMP™	STUDIO 1
15:00-16:30	BODYBALANCE™	STUDIO 2
15:00-16:30	LES MILLS GRIT™ CARDIO	STUDIO 1
16:40-18:10	BODYSTEP™	STUDIO 1