

FRIDAY 14TH MAY 2010

17:00 - 18:00	WELCOME WORKOUT - ALL CLIENTS & PRESENTERS - THE VENUE
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21:30 - 02:00	CASUAL AFFAIR PARTY IN THE VENUE
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SATURDAY 15TH MAY 2010

08:00 - 08:45	GROUP WAKEUP BEACH RUN/WALK - ALL CLIENTS & PRESENTERS MEET ON THE GREEN				
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TIME	THE GREEN	THE VENUE	AZTECS	ARCADE	EMPERORS	POOL
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09:40 - 09:55	INTRODUCTION - GENERAL INFORMATION AND MEET THE PRESENTERS - THE VENUE				
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10:00 - 10:50	BOOTCAMP EXTREME	BASIC STEP DELVIN CLARKE		WAKE UP & RIDE (INDOOR CYCLING) ADELE MCGRATH	YOGA FUSION CLINTON JULIAN	
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11:00 - 11:50	(ALL WEATHER) DEREK WYNTER	FUNKY STEP CHRIS ROBERTS	ZUMBA (LATINO & SOCA) CLINTON JULIAN		PILATES FITNESS RING ADELE MCGRATH	
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12:00 - 12:50		DOUBLE TROUBLE STEP DELVIN & CHLOE	BODY BLAST ABS THEO JACQUES	ALONG FOR THE RIDE (INDOOR CYCLING) BELLA-MARIE	VIBE NITRO (BOXING CIRCUIT) KARL NEWMAN	AQUA PARTY ADELE McGRATH
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13:00 - 14:00	BLEEP TEST (STAMINA CHALLENGE) DEREK WYNTER	L	U	N	C	H
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14:00 - 14:50	SOCA PARTY JENNIFER PHILIPS	POLE FITNESS JO DANDRIDGE		VIBE CYCLE (INDOOR CYCLING) DELVIN CLARKE	BODY CONDITIONING WITH WEIGHTS BELLA-MARIE	
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15:00 - 15:50	BODY BLAST HI LO THEO JACQUES	EASY STEP JAMIE TUNSTALL	70'S/80'S DISCO PARTY CHRIS ROBERTS	VIBE CYCLE (INDOOR CYCLING) KARL NEWMAN		
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16:00 - 16:50	KO-BO (KICK & PUNCH) JENNIFER PHILIPS	HI-LO LATINO DELVIN CLARKE	SALSA LADY STYLING SHARON BAPTISTE		SWISS BALLS CONDITIONING JAMIE TUNSTALL	
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17:00 - 17:50	PINK WORKOUT - BREAST CANCER AWARENESS - PLEASE WEAR PINK ALL CLIENTS & PRESENTERS IN THE VENUE				
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20:00 - 21:00	STRICTLY COME SALSA - ALL LEVELS WELCOMED - THE VENUE SHARON BAPTISTE				
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21:30 - 02:00	GANGSTERS & MOLLS PARTY IN THE VENUE KIDS PARTY 21:30 - 22:00 / SHOW STARTS AT 22:30				
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SUNDAY 16th MAY 2010

TIME	THE GREEN	THE VENUE	AZTECS	ARCADE	EMPERORS	POOL
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10:00 - 10:50	TAI CHI CLINTON JULIAN	HI LO LATINO STYLE DELVIN CLARKE	BODY BLAST HI LO CONDITIONING THEO JACQUES	VIBE CYCLE (INDOOR CYCLING) JO DANDRIDGE	RAGGA BALLS (SWISS BALLS) JENNIFER PHILLIP	
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11:00 - 11:50		STEP IT UP! BELLA-MARIE	BHANGRA (PUNJABI STYLE) CLINTON JULIAN	VIBE CYCLE (INDOOR CYCLING) KARL NEWMAN	COMPLETE TONE CIRCUIT JAMIE TUNSTALL	
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12:00 - 12:50		STREET DANCE WORKSHOP NEXUS GENERATION	KHAI - BO (KICK & PUNCH) ADELE McGRATH	VIBE CYCLE (INDOOR CYCLING) DELVIN CLARKE		AQUA SOCA SPLASH JENNIFER PHILLIP
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13:00 - 14:00	L	U	N	C	H	
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14:00 - 14:50	BODY TONE WITH WEIGHTS THEO JACQUES	POLE FITNESS JO DANDRIDGE	URBAN FUNK CHRIS ROBERTS		BALLS 4 FUN (SWISS BALLS) DELVIN CLARKE	
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15:00 - 15:50		AEROBICS HI-LO JAMIE TUNSTALL	FULL BODY CONDITIONING BELLA MARIE	BLAZING SADDLES (INDOOR CYCLING) ADELE McGRATH	VIBE NITRO (BOXING CIRCUIT) KARL NEWMAN	
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16:00 - 16:50		LATINO STEP DELVIN CLARKE	CARDIO COMBAT (KICK & PUNCH) CHRIS ROBERTS		KALM RELAX & STRETCH JENNIFER PHILLIP	
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17:00 - 17:30	FINALE ALL PRESENTERS AND CLIENTS ARE WELCOME TO COME ALONG AND SAY FAREWELL - THE VENUE				
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21:30 - 02:00	LADIES NIGHT DENIM PARTY - THE VENUE SHOW STARTS AT 22:30				
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