



3NESS FITNESS, PAMPER AND SOUL WEEKEND WOKEFIELD ESTATE, READING

15th-17th November 2019

WOKEFIELD PLACE

Date/Time	Wokefield Suite 1	Wokefield Suite 2	Parry Room	Canary	Forest 3	Sky 5/6	Aqua
Friday 17.00 - 17.45	FIT2FITE Greg Francis	OFF DA FLOOR Maydine Etienne	NO CLASS	NO CLASS	VINYASA FREEDOM FLOW YOGA Lisa Cuerden	FUNK FIT JP Omari	AQUA SENSATION Julian Baker
Friday 18.00 - 18.45	TOTALLY SHREDED Dean Heitman	RAGGA-TON Robert Sharpe	SPIN Claire Dumpleton	KANGOO TTR Jason Mellars	REBOUND Vikki Gamblen	HIIT THE STEP Chris Roberts	NO CLASS

21.30 - WOKEFIELD SUITE - MEET THE TEAM & PRESENTERS FOLLOWED BY THE SOUL NETWORK WELCOME PARTY

Saturday 09.00 - 09.45	ZUMBA Chris Roberts	DA TERMINATOR Maydine Etienne	NO CLASS	TOTAL TONING 'IT TAKES TWO' Kelly Clayden	LBT URBAN PILATES Carroll Locke	STEP WITH ATTITUDE Pauline Thomas	NO CLASS
Saturday 10.00 - 10.45	FIT2FITE Greg Francis	KETTLEBELLS Robert Sharpe	CYCLE BLITZ Dee Kissi	IGNITE & MOVE Bodyweight Bootcamp Claire Dumpleton	VINYASA POWER FLOW YOGA Lisa Cuerden	FUNK FIT JP Omari	AQUAFLOAT FIIT FLOAT WARRIOR Sunny Singh
Saturday 11.00 - 11.45	MEGGA BALLS Winston Squire	SHRED Julian Baker	THE ROUGH RIDE Sim Sema	PULSEROLL RELEASE & ROLL Carroll Locke	REBOUND Vikki Gamblen	STEP ANOTHER LEVEL Chris Roberts	NO CLASS
Saturday 12.00 - 13.00	TOTALLY SHREDED Dean Heitman	SOUL LINE DANCING Weininger Irwin	NO CLASS	NO CLASS	NO CLASS	BATTY BLITZ Dee Kissi	NO CLASS

12.00 - 14.00 - LUNCH FOR ALL FULL WEEKEND PASS HOLDERS - 14.00 - 18.00 PARTY IN THE MANSION INC SALSA

All classes are first come, first served - Timetable subject to change without prior notice.



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Date/Time	Wokefield Suite 1	Wokefield Suite 2	Parry Room	Canary	Forest 3	Sky 5/6	Aqua
Saturday 14.00 - 14.45	MEGGA BALLS Winston Squire	SOCA RAAHTY Janice Irwin	GARAGE CYCLE Pauline Thomas	KANGOO KARNIVAL Jason Mellars	POUND Jess McKee	PILATES FUSION Dee Kissi	AQUA KARAOKE Julian Baker
Saturday 15.00 - 15.45	BOXER Maydine Etienne	BODY COMBAT Kelly Clayden	SPIN SENSATION Julian Baker	PULSEROLL VIBRATE & LENGTHEN Carroll Locke	TWERK Sunny Singh	REGGAE SALSA Weininger Irwin	NO CLASS
Saturday 16.00 - 16.45	ULTIMATE BAG WORKOUT Dean Heitman	BAND BOOTY Sim Sema	REGGAE CYCLE Winston Squire	MUSCLE FUSION Vikki Gamblen	FIT2FITE FLEXIBILITY Dianne Reilly	STEP WITH MORE ATTITUDE Pauline Thomas	NO CLASS
Saturday 17.00 - 17.45	FUNK FIT JP Omari	IGNITE & SWING Claire Dumpleton	THE ROUGH RIDE Sim Sema	NO THRILLS YOGA Jess McKee	COMBAT REBOUND Robert Sharpe	OLD SKOOL CONDITIONING Janice Irwin	AQUAFLOAT FIIT FLOSTRETCH Sunny Singh

SATURDAY SOUL NETWORK SEXY AND SUAVE PARTY 10.00 - 04.00 MANSION

Sunday 08.00 - 08.45	NO CLASS	NO CLASS	NO CLASS	YOGA Dianne Reilly	NO CLASS	MANUP PILATES Jason Mellars	NO CLASS
Sunday 09.00 - 09.45	SOCA VS REGGAE Janice & Weininger Irwin	SUNDAY MORNING STRETCH Chris Roberts	TOTALLY DnB RIDE Dean Heitman	PULSEROLL FEEL THE PULSE Carroll Locke	RELAXATION YOGA & MEDITATION Lisa Cuerden	BHANGRACIZE Sunny Singh	NO CLASS
Sunday 10.00 - 10.45	FIT2FITE FIGHTING MOVES TO GOSPEL GROOVES Greg Francis	IGNITE & STRETCH Claire Dumpleton	SPINMANIA Maydine Etienne	FOAM ROLLER WORKOUT Winston Squire	POUND Jess McKee	GARAGE JAM Pauline Thomas	NO CLASS

Sunday 11.00 - 11.30 FINALE STRETCH AND FAREWELL WITH ALL PRESENTERS - WOKEFIELD SUITE FOLLOWED BY LUNCH IN THE VIEW

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