



3NESS SUMMER FITNESS & PARTY WEEKEND

7th-9th June 2019

Date/Time	Ballroom 1 South (1st Floor)	Ballroom 2 Central (1st Floor)	Ballroom 3 North (1st Floor)	Red Dot Bar (Ground Floor)	Players Lounge (Ground Floor)	Explorer (1st Floor)	Outdoors (Meet at Reception)
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DOUBLETREE AT THE HILTON

Friday 15.00 - 15.45	TWERK Sunny Singh	MEGGA BALLS Winston Squire	OLD SKOOL CONDITIONING Janice Irwin	KANGOO Jason Kashoumeri	VINYASA FREEDOM FLOW Lisa Cuerden	SPIN SENSATION Julian Baker	NO CLASS
Friday 16.00 - 16.45	STEP WITH ATTITUDE Pauline Thomas	FIT2FITE 'The Fite' Greg Francis	POWERWAVE Claire & Dan	POUND Jess McKee	GET PEACHY WITH HANNAH Hannah Langton	ELITE ENERGY SPIN Darren Placid & Jay Phillips	NO CLASS
Friday 17.00 - 17.45	RHYTHM NATION Amelia Aramu	TOTALLY SHREDDED Dean Heitman	BODYWEIGHT BOOTCAMP Sim Sema	REBOUND Vikki Gamblen	LBT PILATES Carroll Locke	TUN IT UP CYCLE Natalie Remeo	NO CLASS

FRIDAY - 21.30 - BALLROOM CENTRAL - MEET THE TEAM & PRESENTERS FOLLOWED BY THE WELCOME PARTY IN THE RED DOT BAR

Saturday 09.00 - 09.45	JAMMIN' ...With Attitude Pauline Thomas	MEGGA BALLS Winston Squire	DA TERMINATOR Maydine & Ken	SOCA ABS Natalie Remeo	4-CARD DRAW CIRCUIT Peter Rennes	ELITE ENERGY SPIN Darren Placid & Jay Phillips	BOOTY WALK Jenni Russell
Saturday 10.00 - 10.45	STEP IT UP Scott Miller	FIT2FITE Greg Francis	KETTLEBELLS Robert Sharpe	POUND Jess McKee	VINYASA POWER FLOW Lisa Cuerden	CYCLE BLITZ Dee Kissi	SPRINT INTERVAL TRAINING Winston Squire
Saturday 11.00 - 11.45	RAGGA-TON Robert Sharpe	TOTALLY SHREDDED Dean Heitman	ELITE BOOTCAMP Darren Placid & Jay Phillips	REBOUND Vikki Gamblen	BOOTY BANDS BOOTCAMP Hannah Langton	RIDDIM RIDE Peter Rennes	WILD SLYDE Weininger Irwin

12.00 - 14.00 - LUNCH FOR FULL WEEKEND CLIENTS IN THE PITCHSIDE RESTAURANT

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



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DOUBLETREE AT THE HILTON

Saturday 14.00 - 14.45	ZUMBA Chris Roberts	ULTIMATE BAG WORKOUT Dean Heitman	OFF DA FLOOR Maydine & Ken	BELLY AFROBEATS Sunny Singh	FIT2FITE FLEXIBILITY Dianne Reilly	RIDDIM RIDE Peter Rennes	BOOTY WALK Jenni Russell
Saturday 15.00 - 15.45	STEP TO THE RHYTHM Scott Miller	BATTY BLITZ Dee Kissi	POWERWAVE Claire & Dan	REGGAE SALSA Weininger Irwin	NO FRILLS YOGA Jess McKee	THE ROUGH RIDE Sim Sema	NO CLASS
Saturday 16.00 - 17.00	SUPAFRESH HIP HOP, RNB Amelia Amaru	SOCA COMBAT Janice Irwin	KETTLEBELLS Dee Kissi	REBOUND Vikki Gamblen	RELAXATION YOGA & MEDITATION Lisa Cuerden	EPIC BATTLE SPIN Darren Placid & Jay Phillips	NO CLASS
Saturday 17.00 - 17.45	STEP W/MORE ATTITUDE Pauline Thomas	FOAM ROLLER WORKOUT Winston Squire	BOXER Maydine & Ken	KANGOO Jason Kashoumeri	PULSEROLL Carroll Locke	DnB RIDE Dean Heitman	NO CLASS

SATURDAY THEME PARTY - 22.00 - 70s Disco - RED DOT BAR

Sunday 08.00 - 08.45	SHAPE IT UP Scott Miller	FOAM ROLLER WORKOUT Winston Squire	SUNDAY MORNING STRETCH Chris Roberts	AB-LITER8 Natalie Remeo	NO CLASS	THE ROUGH RIDE Sim Sema	NO CLASS
Sunday 09.00 - 09.45	ABSolute GLUTES Jenni Russell	REGGAE vs SOCA Janice & Weininger	BODY GROOVE Amelia Aramu	BHANGRACIZE Sunny Singh	PULSEROLL Carroll Locke	SPINMANIA Maydine Etienne	NO CLASS
Sunday 10.00 - 10.45	BODY BLITZ Dee Kissi	FIT2FITE 'FIGHTING MOVES TO GOSPEL GROOVES' Greg Francis	POWERWAVE Claire & Dan	BANDS & BURPEES Hannah Langton	YOGA Dianne Reilly	SPIN SENSATION Julian Baker	NO CLASS

ALL PRESENTERS FINALE - MEET IN BALLROOM CENTRAL

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