

FRIDAY PROGRAMME

	FITNESS HALL 1	FITNESS HALL 2	FITNESS SUITE 1	FITNESS SUITE 2	SPEAKERS CORNER	AQUA HALL
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3pm - 3:45pm	<p align="center">MEET & MINGLE IN FITNESS HALL 1 MEET CHICO & THE 48HR FITNESS TEAM FOR AN INFORMAL MEET AND GREET/PHOTO OPPORTUNITY.</p> <p align="center">PRIORITY/CLUB EXTRA GUEST CHECK IN FROM: 12PM ALL REMAINING GUESTS CHECK IN FROM: 2PM</p> <p align="center">(RECEPTION/CHECK IN AVAILABLE UNTIL 10PM)</p>					
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4pm - 5:45pm	<p align="center">CHICO'S FIT FACTOR IN FITNESS HALL 1 EXPERIENCE NEW BRANDS IN THIS BIG 48 HR FITNESS MASH UP CLASS SHOWCASING WHAT THE PRESENTERS HAVE IN STORE FOR YOU THIS WEEKEND!</p>					
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6pm - 6:45pm	<p>Boot Camp Mark Laws Sweat, push yourself to the limit and be inspired into a new you, Trade 'Mark' Banter comes included!</p> <input type="checkbox"/>	<p>Body Blast & Stretch Tracey Nicholls Activate your core and tone up those major muscles with handheld weights and a stretch that will leave you on the Floor but wanting more.</p> <input type="checkbox"/>	<p>Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. Don't just ride, Vibe Ride!</p> <input type="checkbox"/>	<p>Pulse Roll Jess Sweeney Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating foam rollers.</p> <input type="checkbox"/>		
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<p>FREE TIME</p>						
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9pm - 12am	<p align="center">LIVE ENTERTAINMENT IN FITNESS HALL 1 LIVE ENTERTAINMENT IN THE MAIN VENUE FROM THE LIVERTONES, FRESH GROOVES UK AND JIVE BUNNY</p>					
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<p align="center">FRIDAY NIGHT LIVE ENTERTAINMENT LIVE ENTERTAINMENT IN THE MAIN VENUE</p>				<p align="center">SATURDAY NIGHT ICONS NIGHT LIVE ENTERTAINMENT IN THE MAIN VENUE FANCY DRESS OPTIONAL</p>		
<p align="center">DJ ALEX FROST</p> <p align="center">THE LIVERTONES</p> <p align="center">FRESH GROOVES UK</p> <p align="center">JIVE BUNNY</p>				<p align="center">TRIBUTES TO:</p> <p align="center">WHITNEY HOUSTON, FREDDIE MERCURY,</p> <p align="center">BILLY JOEL & CYNDI LAUPER</p>		
				<p align="center">DJ ALEX FROST</p> <p align="center">+ BACK BY POPULAR DEMAND: MASSAOKE</p>		

SATURDAY PROGRAMME

===== = Lunch Break

	FITNESS HALL 1	FITNESS HALL 2	FITNESS SUITE 1	FITNESS SUITE 2	SPEAKERS CORNER	AQUA HALL
9am - 9:45am	Zumba Syreeta Stracey Where Africa meets Latin America, feel the heat feel the beat. <input type="checkbox"/>	Body Combat Alex Sacco A powerful mixed martial arts class designed to empower and awaken the warrior within. <input type="checkbox"/>	Groovy Glutes Nectarina Posporia Combining experience, science and Music. This programme is designed to tone the gluteal muscles and core. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>		Hydro AHIIT Aquatic High Intensity Interval Training <input type="checkbox"/>
10am - 10:45am	Funk Fit JP Omari Experience the energy – be taken back to old classic soul & Funky vibes. Let JP put you in hypnotic trance as you sing and dance <input type="checkbox"/>	Abs Like Slabs Jay Banks ABS are made in the kitchen and sculptured in the studio. Come learn Jay's Abs like slabs workout <input type="checkbox"/>	Chicombat Elishah Crutchley & Block Fit Team Float like a butterfly Sting like a bee, where you punch like Muhammad Ali and kick Like Bruce Lee! <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	Be You Tanya Bright Tanya takes you on a journey of self-discovery, showing the pitfalls that obstruct the way to our happiness into knowing who we truly are. <input type="checkbox"/>	Hydro Jump Trampoline Class, high resistance / high intensity workout but full of splashes and springs <input type="checkbox"/>
11am - 11:45am	Aerolatino Jeff Davila and Tori Lynch Combines Latin American Rhythms such as salsa merengue, Cha-cha, Reggaeton, Bachata to form a continuous Aerobic routine. <input type="checkbox"/>	Bounce Dance Fit Franco Conquista This is a high constantly varied, addictive dance workout that mixes tempo moves you'd expect from an aerobics class set to a mix-tape of street dance styles <input type="checkbox"/>	TOP TO TOE TONE Katy Moore A conditioning class designed to tone and burn fat from head to toe with body weight or dumbbells. Katy Moore style. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	Life & Body Transformation Jo Morrison Turning challenges into possibilities <input type="checkbox"/>	Hydrorider Cycling using both upper and lower leg function exercises and unique riding positions <input type="checkbox"/>
12pm - 12:45pm	Block Fit Chico and his team Dance combat HIIT and yoga meditation that will feed your body mind and free your soul. <input type="checkbox"/>	Vibe Step Delvin Clarke Freestyle step aerobics with the vibe method easy to follow moves to suit all levels, come and feel the vibe! <input type="checkbox"/>		Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>		
1:15pm - 2pm	Clubbercise Elishah Crutchley Club anthems from the 90's to present day with disco lights and glow sticks. <input type="checkbox"/>	PulseRoll Jess Sweeney Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating foam rollers. <input type="checkbox"/>	Thai Chi Pilates Yoga Alex Sacco A beautiful blend of fitness yoga, tai chi and Pilates to strengthen the body with guided meditation to calm the mind <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	"From a flicker to a flame" Andrew Crawford The master is back with his style of delivering gems of wisdom that will change your game, taking you from a Flicker to a Flame <input type="checkbox"/>	Hydropole Aquatic dance focusing on core strength and Full body conditioning <input type="checkbox"/>
2:15pm - 3pm	Barre Strength Jay Banks A Ballet inspired workout, combining Cardio, Body weight resistance and Stretching <input type="checkbox"/>	Block HIIT Tracey Nicholls & Block Fit Team Get the HIIT with Block Fit. Tracey and Team will take you through 36 exercises including partner work that will push you to your limits into the limitless <input type="checkbox"/>	JeKaJo Tanya Bright Combining Afro-Beats, Hip-Hop, RnB, Soca, Reggae and Dancehall to create a fresh dance-based fitness programme with a Carnival vibe <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	Nutrition Mark Laws Join Mark for his remarkable talk, learn laugh and grow and prepare to be inspired <input type="checkbox"/>	Hydrofighter Mixed martial arts kick & punch using just water. With aquatic mits and punch bags <input type="checkbox"/>
3:15pm - 4pm	Carnival Party PILOXERCISE Afro-Caribbean Fusion incorporating basic dance steps, with body weighted exercises partnered with pure carnival vibes by the amazing PILO <input type="checkbox"/>	UPROAR DANCE FITNESS Anna Dockery & the Uproar team Learn the basic step that'll keep you moving throughout, It's time to let out your inner lion and get Roar-cous! 50 minutes/500 calories/5000 steps. Let's go! <input type="checkbox"/>	Block Fit Yoga & Meditation Lindsey Abbott Immerse yourself in this Block Fit yoga meditation session mixing the new with the old where body meets heart and soul <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	Find your inner light Cassie Crowhurst You are going to be alright, now let's find your inner light with Cassie <input type="checkbox"/>	Water Fitness Cardio Choreo A mix of aquatic dance, synchronised swimming and high resistance aquatic exercises. <input type="checkbox"/>
4:15pm - 5pm		Boot Camp Mark Laws Sweat, push yourself to the limit and be inspired into a new you 'Trade' Mark! Banter comes included! <input type="checkbox"/>	Freestyle Fitness Yoga Clare Stobart Flexibility, strength and balance, and uses Yoga postures to teach, No meditation or relaxation. It's purely a workout for muscles. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>		
5:15pm - 6pm	LEE BUTLER RAVING FIT IN FITNESS HALL 1 LIVE ENTERTAINMENT IN THE MAIN VENUE FROM RADIO CITY DJ LEE BUTLER					
	FREE TIME					
8pm - 2am	LIVE ENTERTAINMENT IN FITNESS HALL 1 LIVE ENTERTAINMENT IN THE MAIN VENUE FROM ALEX FROST AND MASSAOKE					

SUNDAY PROGRAMME

	FITNESS HALL 1	FITNESS HALL 2	FITNESS SUITE 1	FITNESS SUITE 2	SPEAKERS CORNER	AQUA HALL
9am - 10am	CHECK OUT					
9:15am - 10am	Thai Chi Yoga Pilates Flow Alex Sacco A Beautiful blend of Fitness Yoga, Thai Chi and Pilates to strengthen the body with guided meditation to calm the mind <input type="checkbox"/>	Street Dance JP Omari Learn energetic choreography to a cool RnB/ Hip Hop tracks with JP Omari , broken down moves in easy to follow step by step in a Fun Friendly environment. <input type="checkbox"/>	Twerk Fit Tanya Bright Learn how to work it and twerk it!Get sassy and sexy to this amazing workout that will leave you feeling like Beyonce. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>		Aqua Zumba Bringing you South American rhythms while splash in a carnival party atmosphere with the lovely Lish. <input type="checkbox"/>
10:15am - 11am	K-I-S-S-E-D Jay Banks Keep It Simple Safe and Dance Jay goes back to his routes in this dance base workout that will make you S&S (sweat and smile) <input type="checkbox"/>	Kombat Katy Moore This includes basic principles from mixed martial arts disciplines with that added "Katy Killer" Twist. Cardio blow outs, kicks and punches. Not For the Faint hearted. <input type="checkbox"/>	STRONG by Zumba® Syreeta Stracey Is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. TRY IT NOW the Syreeta way. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>	What's your story? Jo Morrison Mind-set session to take you through a journey of self-discovery <input type="checkbox"/>	Riderband Cardio conditioning aquatic band workout. <input type="checkbox"/>
11:15am - 12pm	Bad Ass Franco Conquista This combat, Cardio & conditioning class will have you toning muscles and burning calories improving your balance while jamming to the BADASS tunes. <input type="checkbox"/>	Salsa PILOXERCISE A Fusion of Salsa moves and Cuban dances, Cuban Salsa and Suelta. No partner necessary to enjoy our high energy and confidence boosting Latin dance class <input type="checkbox"/>	PulseRoll Jess Sweeney Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating foam rollers. <input type="checkbox"/>	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. <input type="checkbox"/>		
12:15pm - 1pm	FAREWELL SESSION IN FITNESS HALL 1 JOIN US FOR THE FINAL CLASS OF OUR 48-HOUR FITNESS WEEKENDER. ENJOY A FUN DANCE CLASS TO CHICO'S ORIGINAL SONGS AS WE SAY FAREWELL!					



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