

FRIDAY PROGRAMME

**FITNESS
HALL 1**

**FITNESS
HALL 2**

**FITNESS
SUITE 1**

**FITNESS
SUITE 2**

**SPEAKERS
CORNER**

**AQUA
HALL**

MEET & MINGLE IN FITNESS HALL 1

MEET CHICO & THE 48HR FITNESS TEAM FOR AN INFORMAL MEET AND GREET/PHOTO OPPORTUNITY.

PRIORITY/CLUB EXTRA GUEST CHECK IN FROM: 12PM

ALL REMAINING GUESTS CHECK IN FROM: 2PM

(RECEPTION/CHECK IN AVAILABLE UNTIL 10PM)

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!

**4:30pm -
5:15pm**

Boot Camp Mark Laws

Sweat, push yourself to the limit and be inspired into a new you, Trade 'Mark' Banter comes included!



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.



Vibe Cycle

Delvin Clarke

Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. Don't just ride, Vibe Ride!



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.



**5:30pm -
6:30pm**

LEE BUTLER RAVING FIT IN FITNESS HALL 1

LIVE ENTERTAINMENT IN THE MAIN VENUE FROM RADIO CITY DJ LEE BUTLER

FREE TIME

9pm - 12am

LIVE ENTERTAINMENT IN FITNESS HALL 1

LIVE ENTERTAINMENT IN THE MAIN VENUE FROM THE LIVERTONES, FRESH GROOVES UK AND JIVE BUNNY

FRIDAY NIGHT LIVE ENTERTAINMENT

LIVE ENTERTAINMENT IN THE MAIN VENUE

DJ ALEX FROST

THE LIVERTONES

FRESH GROOVES UK

JIVE BUNNY

SATURDAY NIGHT ICONS NIGHT

LIVE ENTERTAINMENT IN THE MAIN VENUE / FANCY DRESS OPTIONAL

TRIBUTES TO:

WHITNEY HOUSTON, FREDDIE MERCURY,

BILLY JOEL & CYNDI LAUPER

DJ ALEX FROST + BACK BY POPULAR DEMAND: MASSAOKE

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.	Body Combat Alex Sacco A powerful mixed martial arts class designed to empower and awaken the warrior within.	Groovy Glutes Nectarina Posporia Combining experience, science and Music. This programme is designed to tone the gluteal muscles and core.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		Hydro AHIIT Aquatic High Intensity Interval Training
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	Abs Like Slabs Jay Banks ABS are made in the kitchen and sculptured in the studio. Come learn Jay's Abs like slabs workout	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!	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	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.	Hydro Jump Trampoline Class, high resistance / high intensity workout but full of splashes and springs
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.	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	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.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	Life & Body Transformation Jo Morrison Turning challenges into possibilities	Hydrorider Cycling using both upper and lower leg function exercises and unique riding positions
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.	Vibe Step Delvin Clarke Freestyle step aerobics with the vibe method easy to follow moves to suit all levels, come and feel the vibe!		Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		
1:15pm - 2pm	Clubbercise Elishah Crutchley Club anthems from the 90's to present day with disco lights and glow sticks.	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.	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	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	"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	Hydropole Aquatic dance focusing on core strength and Full body conditioning
2:15pm - 3pm	Barre Strength Jay Banks A Ballet inspired workout, combining Cardio, Body weight resistance and Stretching	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	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	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	Nutrition Mark Laws Join Mark for his remarkable talk, learn laugh and grow and prepare to be inspired	Hydrofighter Mixed martial arts kick & punch using just water. With aquatic mits and punch bags
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	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!	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	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	Find your inner light Cassie Crowhurst You are going to be alright, now let's find your inner light with Cassie	Water Fitness Cardio Choreo A mix of aquatic dance, synchronised swimming and high resistance aquatic exercises.
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!	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.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		
	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	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.	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.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		Aqua Zumba Elishah Crutchley Bringing you South American rhythms while splash in a carnival party atmosphere with the lovely Lish.
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)	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.	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.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	What's your story? Jo Morrison Mind-set session to take you through a journey of self-discovery	Riderband Cardio conditioning aquatic band workout.
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.	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	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.	Vibe Cycle Delvin Clarke Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		
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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