

REGIONAL DATES: MARCH 2010

BODYATTACK™ 68, BODYBALANCE™ 48, BODYCOMBAT™ 43, BODYJAM™ 52, BODYPUMP™ 73, BODYSTEP™ 79, BODYVIVE™ 14, RPM™ 46



WEEKEND ONE

DATE	VENUE	WORKSHOP	TIME	CODE
FRI 12 MARCH	NUFFIELD CITY – LONDON	RPM™ 46	08:50-10:20	W-RP100101
		BODYSTEP™ 79	08:50-10:20	W-BS100101
		BODYPUMP™ 73	10:25-11:55	W-BP100101
		BODYVIVE™ 14	10:25-11:55	W-BV100101
		BODYJAM™ 52	12:00-13:00	W-BJ100101
		BODYBALANCE™ 48	13:05-14:05	W-BB100101
		BODYATTACK™ 68	14:10-15:10	W-BA100101
		BODYCOMBAT™ 43	15:15-16:15	W-BC100101
		BODYBALANCE™ 48	16:20-17:20	W-BB100102
		BODYPUMP™ 73	16:20-17:50	W-BP100102
FRI 12 MARCH	WESTWOOD CLUB – DUBLIN	BODYCOMBAT™ 43	09:30-10:30	W-BC100102
		BODYATTACK™ 68	10:35-11:35	W-BA100102
		BODYPUMP™ 73	11:40-13:10	W-BP100103
		RPM™ 46	13:15-14:45	W-RP100102
		BODYBALANCE™ 48	14:50-15:50	W-BB100103
SAT 13 MARCH	NUFFIELD CITY - LONDON	BODYBALANCE™ 48	12:45 - 13:45	W-BB100122
		BODYPUMP™ 73	13:50 - 15:20	W-BP100134
		BODYCOMBAT™ 43	15:25 - 16:25	W-BC100120
		BODYATTACK™ 68	16:30 - 17:30	W-BA100120
SAT 13 MARCH	PONDS FORGE – SHEFFIELD	BODYPUMP™ 73	11:30-13:00	W-BP100104
		BODYCOMBAT™ 43	13:05-14:05	W-BC100103
		BODYBALANCE™ 48	14:10-15:10	W-BB100104
		BODYATTACK™ 68	15:15-16:15	W-BA100103
		BODYPUMP™ 73	16:20-17:50	W-BP100105
		RPM™ 46	16:20-17:50	W-RP100103
BODYSTEP™ 79	17:55-19:25	W-BS100102		
SAT 13 MARCH	OASIS LC – SWINDON	BODYATTACK™ 68	08:50-09:50	W-BA100104
		BODYPUMP™ 73	09:55-11:25	W-BP100106
		BODYCOMBAT™ 43	11:30-12:30	W-BC100104
		BODYBALANCE™ 48	12:35-13:35	W-BB100105
		BODYSTEP™ 79	13:40-15:10	W-BS100103
		BODYPUMP™ 73	15:15-16:45	W-BP100107
		RPM™ 46	15:15-16:45	W-RP100104
SAT 13 MARCH	SPELTHORNE LC – STAINES	BODYATTACK™ 68	08:50-09:50	W-BA100105
		BODYVIVE™ 14	09:55-11:25	W-BV100102
		BODYPUMP™ 73	11:30-13:00	W-BP100108
		BODYCOMBAT™ 43	13:05-14:05	W-BC100105
		BODYBALANCE™ 48	14:10-15:10	W-BB100106
		BODYSTEP™ 79	15:15-16:45	W-BS100104
		RPM™ 46	15:15-16:45	W-RP100105
		BODYPUMP™ 73	16:50-18:20	W-BP100109

DATE	VENUE	WORKSHOP	TIME	CODE		
SUN 14 MARCH	GLASGOW CLUB TOLLCROSS	BODYCOMBAT™ 43	08:50-09:50	W-BC100106		
		BODYPUMP™ 73	09:55-11:25	W-BP100110		
		BODYVIVE™ 14	11:30-13:00	W-BV100103		
		BODYBALANCE™ 48	13:05-14:05	W-BB100107		
		BODYPUMP™ 73	14:10-15:40	W-BP100111		
		BODYATTACK™ 68	15:45-16:45	W-BA100106		
		BODYJAM™ 52	16:50-17:50	W-BJ100102		
		SUN 14 MARCH	DAVID LLOYD – FULHAM	BODYPUMP™ 73	08:50-10:20	W-BP100112
				RPM™ 46	10:25-11:55	W-RP100106
BODYBALANCE™ 48	12:00-13:00			W-BB100108		
BODYATTACK™ 68	13:05-14:05			W-BA100107		
BODYCOMBAT™ 43	14:10-15:10			W-BC100107		
BODYPUMP™ 73	15:15-16:45	W-BP100113				
SUN 14 MARCH	FOX HOLLIES LC – BIRMINGHAM	BODYATTACK™ 68	09:00-10:00	W-BA100108		
		BODYPUMP™ 73	10:05-11:35	W-BP100114		
		BODYBALANCE™ 48	11:40-12:40	W-BB100109		
		BODYSTEP™ 79	11:40-13:10	W-BS100105		
		BODYCOMBAT™ 43	13:15-14:15	W-BC100108		
		RPM™ 46	14:20-15:50	W-RP100107		
		BODYVIVE™ 14	14:20-15:50	W-BV100104		
		BODYJAM™ 52	15:55-16:55	W-BJ100103		
		BODYPUMP™ 73	15:55-17:25	W-BP100115		
SUN 14 MARCH	VIRGIN ACTIVE – CHELMSFORD	RPM™ 46	11:00-12:30	W-RP100108		
		BODYVIVE™ 14	11:00-12:30	W-BV100105		
		BODYPUMP™ 73	12:35-14:05	W-BP100116		
		BODYCOMBAT™ 43	14:10-15:10	W-BC100109		
		BODYBALANCE™ 48	15:15-16:15	W-BB100110		
		BODYATTACK™ 68	16:20-17:20	W-BA100109		
		BODYPUMP™ 73	17:25-18:55	W-BP100117		

CONTINUING EDUCATION QW1/2010

There will be Continuing Education sessions for:

RPM™ 46 BODYVIVE™ 14
 BODYPUMP™ 73 BODYSTEP™ 79

For this quarter, BODYATTACK™ 68, BODYBALANCE™ 48, BODYJAM™ 52 and BODYCOMBAT™ 43 Continuing Education sessions will be presented on DVD only.

PLEASE NOTE: When attending Quarterly Workshops, it is a requirement of all Les Mills™ instructors to FULLY PARTICIPATE in the MASTERCLASS and CONTINUING EDUCATION where presented.

LENGTH OF WORKSHOPS

BODYPUMP™: 1 ½ hours
 BODYATTACK™: 1 hour
 RPM™: 1 ½ hours
 BODYSTEP™: 1 ½ hours
 BODYJAM™: 1 hour
 BODYVIVE™: 1 ½ hours
 BODYCOMBAT™: 1 hour
 BODYBALANCE™: 1 hour

WEEKEND TWO

DATE	VENUE	WORKSHOP	TIME	CODE
FRI 19 MARCH	NUFFIELD CITY – LONDON	RPM™ 46	08:50-10:20	W-RP100109
		BODYPUMP™ 73	08:50-10:20	W-BP100118
		BODYSTEP™ 79	10:25-11:55	W-BS100106
		BODYVIVE™ 14	10:25-11:55	W-BV100106
		BODYJAM™ 52	12:00-13:00	W-BJ100104
		BODYBALANCE™ 48	13:05-14:05	W-BB100111
		BODYATTACK™ 68	14:10-15:10	W-BA100110
		BODYCOMBAT™ 43	15:15-16:15	W-BC100110
		BODYBALANCE™ 48	16:20-17:20	W-BB100112
		BODYPUMP™ 73	16:20-17:50	W-BP100119
FRI 19 MARCH	GOOLE LC – DONCASTER	BODYPUMP™ 73	09:00-10:30	W-BP100120
		BODYATTACK™ 68	10:35-11:35	W-BA100111
		BODYBALANCE™ 48	11:40-12:40	W-BB100113
		BODYJAM™ 52	12:45-13:45	W-BJ100105
		BODYCOMBAT™ 43	13:50-14:50	W-BC100111
		BODYPUMP™ 73	14:55-16:25	W-BP100121
SAT 20 MARCH	NUFFIELD – CRAWLEY	BODYVIVE™ 14	11:00-12:30	W-BV100108
		BODYPUMP™ 73	12:35-14:05	W-BP100122
		BODYATTACK™ 68	14:10-15:10	W-BA100112
		BODYCOMBAT™ 43	15:15-16:15	W-BC100112
		BODYJAM™ 52	15:15-16:15	W-BJ100106
		BODYBALANCE™ 48	16:20-17:20	W-BB100114
SAT 20 MARCH	ENDERBY LC – LEICESTER	BODYSTEP™ 79	08:50-10:20	W-BS100107
		RPM™ 46	08:50-10:20	W-RP100110
		BODYPUMP™ 73	10:25-11:55	W-BP100123
		BODYATTACK™ 68	12:00-13:00	W-BA100113
		BODYBALANCE™ 48	13:05-14:05	W-BB100115
		BODYJAM™ 52	14:10-15:10	W-BJ100107
		BODYCOMBAT™ 43	15:15-16:15	W-BC100113
		BODYPUMP™ 73	16:20-17:50	W-BP100124
SAT 20 MARCH	CONCORDIA LC – NEWCASTLE	BODYPUMP™ 73	09:00-10:30	W-BP100125
		BODYCOMBAT™ 43	10:35-11:35	W-BC100114
		BODYATTACK™ 68	11:40-12:40	W-BA100114
		BODYBALANCE™ 48	12:45-13:45	W-BB100116
SAT 20 MARCH	FAREHAM LC – HAMPSHIRE	BODYPUMP™ 73	09:00-10:30	W-BP100126
		BODYATTACK™ 68	10:35-11:35	W-BA100115
		BODYCOMBAT™ 43	11:40-12:40	W-BC100115
		BODYBALANCE™ 48	12:45-13:45	W-BB100117
		BODYJAM™ 52	13:50-14:50	W-BJ100108
		RPM™ 46	14:55-16:25	W-RP100111
		BODYVIVE™ 14	14:55-16:25	W-BV100109

DATE	VENUE	WORKSHOP	TIME	CODE
SUN 21 MARCH	RIVERSIDE LC – EXETER	BODYPUMP™ 73	09:00-10:30	W-BP100127
		BODYSTEP™ 79	10:35-12:05	W-BS100108
		BODYBALANCE™ 48	12:10-13:10	W-BB100118
		BODYATTACK™ 68	13:15-14:15	W-BA100116
		BODYCOMBAT™ 43	14:20-15:20	W-BC100116
		BODYJAM™ 52	15:25-16:25	W-BJ100109
SUN 21 MARCH	VIRGIN ACTIVE – EDINBURGH	BODYATTACK™ 68	08:30-09:30	W-BA100117
		BODYVIVE™ 14	09:35-11:05	W-BV100110
		BODYSTEP™ 79	11:10-12:40	W-BS100109
		BODYPUMP™ 73	12:45-14:15	W-BP100128
		RPM™ 46	12:45-14:15	W-RP100112
		BODYBALANCE™ 48	14:20-15:20	W-BB100119
SUN 21 MARCH	DAVID LLOYD – MANCHESTER	BODYCOMBAT™ 43	15:25-16:25	W-BC100117
		BODYPUMP™ 73	16:30-18:00	W-BP100129
		BODYPUMP™ 73	08:25-09:55	W-BP100130
		BODYCOMBAT™ 43	10:00-11:00	W-BC100118
		BODYATTACK™ 68	12:20-13:20	W-BA100118
		BODYBALANCE™ 48	13:25-14:25	W-BB100120
SUN 21 MARCH	DAVID LLOYD KINGS HILL – KENT	BODYPUMP™ 73	14:30-16:00	W-BP100131
		RPM™ 46	14:30-16:00	W-RP100113
		BODYJAM™ 52	16:05-17:05	W-BJ100110
		BODYSTEP™ 79	17:10-18:40	W-BS100110
		BODYATTACK™ 68	09:00-10:00	W-BA100119
		BODYBALANCE™ 48	10:05-11:05	W-BB100121
SUN 21 MARCH	DAVID LLOYD KINGS HILL – KENT	BODYPUMP™ 73	11:10-12:40	W-BP100132
		RPM™ 46	11:10-12:40	W-RP100114
		BODYCOMBAT™ 43	12:45-13:45	W-BC100119
		BODYVIVE™ 14	13:50-15:20	W-BV100111
		BODYJAM™ 52	15:25-16:25	W-BJ100111
		BODYPUMP™ 73	16:30-18:00	W-BP100133



Booking Procedure for Quarterly Workshops

Prior to booking, instructors must meet the following criteria:

1. Must be fully certified or within the 16-week training period of the Les Mills programme they are booking for.
2. Must have a current and active FP Music licence. If your PPL licence is not held with FitPro please provide details of who it is held with. Note, these details will be passed on to PPL.

How to Book:

1. Choose the QW programme and venue that you wish to attend from the flyer. This flyer can also be downloaded by visiting www.fitpro.com/bts/workshops.cfm.
2. QWs go live – book your workshop quickly and easily with our online booking portal. To make your booking online please visit: www.fitpro.com/bts/instructor/qwbookings/ Register your name and follow the easy step-by-step online booking process.

All instructors booking online will be charged at £20.56 for the first programme and £14.69 thereafter for additional programmes.

Once a QW booking has been confirmed, a confirmation email will be sent as proof of booking. Instructors are required to present their proof of booking documentation to the Registration Crew at the Quarterly Workshop they are attending. It will then be checked off against a registration list.

If a confirmation email has not been received after making a QW booking, the instructor should contact Membership Services on 020 8586 0101 to arrange for it to be sent.

All spaces on the QWs are allocated on the basis of first come, first served. So please book your desired workshop ASAP to avoid any disappointment.

**BOOKINGS CLOSE WEDS 12:00 PRIOR TO QW WEEKEND
BOOK ONLINE NOW!**