

MAIN STAGE

FRIDAY

15:00	REGGAE SOUNDS DJ SET
15:45	SELECT RADIO DJ SET
17:45	MORNING GLORYVILLE PRESENTS: SUNSET YOGA

SATURDAY

09:35	PARTNER DJ & EMCEE CONTENT
09:45	WARM UP - KARDY
10:15	NIKE PRESENTS: HIIT WITH NAOMI & COURTNEY
11:00	FUNK FIT
11:25	SUPA FRESH - AMELIA
11:50	HOW LOW CAN YOU GO WITH FITZROY GAYNES
12:15	CANOWATER DJ WAZ
12:50	STRONGHER PRESENTS FORCE
13:25	REGGAEROBICS
13:55	PARTNER DJ'S AND EMCEE CONTENT
14:00	1REBEL RUMBLE
14:30	ROWBOTS PRESENTS: RUNNING AND ROWING
15:00	NIKE PRESENTS: DANCE WITH JOELLE
15:30	THE FIGHT KLUB EXPERIENCE

SUNDAY

08:10	NIKE PRESENTS: COURTNEY & DORA WARM UP
08:30	NIKE PRESENTS: COURTNEY & DORA WARM UP
08:50	NIKE PRESENTS: COURTNEY & DORA WARM UP
09:10	NIKE PRESENTS: COURTNEY & DORA WARM UP
09:20	NIKE PRESENTS: COURTNEY & DORA WARM UP
09:45	KARDY
10:10	AZONTO BOX
10:35	RAISE LDN (HIIT)
11:00	FAISAL ABDALLA: FAMILY FITNESS
11:45	1REBEL RECOVERY
12:30	NIKE PRESENTS: SAM VORA YOGA
13:00	FLO COLLECTIVE
13:00	FIT JAM - FAYE
13:25	SWEAT IN THE CITY - ANDREA
13:50	TWIN TUBE
14:00	THE FIGHT KLUB EXPERIENCE



HACKNEY FITNESS HOUSE

SATURDAY

10:30	MORNING CORE WITH MAYA
11:30	NIKE PRESENTS: SAM VORA YOGA
12:30	MORNING GLORYVILLE CLASS
13:30	STRETCH GYM: CLASS
14:30	STRONGHER
15:30	1REBEL PRESENTS: BODYWEIGHT HIIT
16:30	ROWBOTS: PRE RACE STRETCH

SUNDAY

08:30	STRETCH GYM: WARM UP SESSION
11:00	MORNING GLORYVILLE HULA HOOPING
13:00	STRETCH GYM: COOL DOWN
13:45	STRONGHER
14:30	ROXY OZALP: SUNSET YOGA