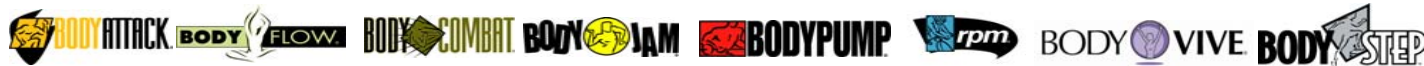


HOUSTON FITNESS FEST LES MILLS PROGRAM SCHEDULE



TIME SLOT	MAIN OUTDOOR TENNIS STADIUM - BC, BA, BV AND BJ VENUE	INDOOR TENNIS PAVILLION BP, BS VENUE	BASKETBALL GYM - RPM VENUE
12.00 - 1.00	OPENING LES MILLS CLASS MEDLEY BODYATTACK™, BODYCOMBAT™ & BODYJAM™		
1.00-1.30			
1.30-1:55	BODYJAM™	BODYSTEP™	RPM™
2.00-2.25	BODYCOMBAT™		
2.30-2.55	BODYVIVE™	BODYSTEP™	RPM™
3.00-3.25	BODYATTACK™		
3.30-3.55	BODYJAM™	BODYPUMP™	RPM™ (1 hour class)
4.00-4.25	BODYFLOW™		
4.30-4.55	BODYVIVE™		
5.00-5.25		BODYPUMP™ (1 hour class)	
5.30-5.55	BODYJAM™		
6.00-6.25	BODYCOMBAT™	BODYSTEP™	RPM™
6.30-6.55	BODYFLOW™		
7.00-7.25	BODYATTACK™	BODYSTEP™	RPM™
7.30-7.55	BODYVIVE™		
8.00-8.25	BODYJAM™	BODYPUMP™	RPM™
8.30-8.45	CLOSING		



- BODYATTACK™ The high-energy sports-inspired cardio workout that builds strength and stamina.
- BODYFLOW™ The Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.
- BODYCOMBAT™ The fiercely energetic martial arts workout where you are totally unleashed and empowered.
- BODYJAM™ Lose yourself in the dance-inspired cardio workout to the latest dance styles and the hottest new sounds
- BODYPUMP™ Challenge yourself with the original barbell class that strengthens and tones your entire body.
- RPM™ The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high
- BODYVIVE™ lets you get in shape at your own pace with a low-impact, group fit workout that leaves you fizzing with energy.
- BODYSTEP™ Feel liberated and alive with the energizing step workout that pushes fat burning systems into high gear.