



FORT FOR ALL DAY 2014 SCHEDULE

	ACTIVE ARENA	QUEENS HALL GYMNASTICS	SPINNING STUDIO	ACTIVE STUDIO	ENTERTAINMENT STAGE	JUMPING FITNESS	JERSEY INLINE SKATE CLUB
10.00							
10.30	10.15 - 10.20 Les Mills Fitness Showcase	10.00 - 10.45 Display by the Fort Regent General Gymnastics Squad trampette, floor and vault			 10.15 - 11.00 Roulette	10.20-11.00 Jumping Fitness Adults 16+	10-10.30am Exhibition Game by Club Members
11.00	10.30 - 11.00 Bokwa Taster Session	10.45 - 11.30 Little Monkey's Taster Session (0-3 years old)		10.40 - 11.00 BODYPUMP Technique			10.30- 11.00am Public Taster Session Inline Skating
11.30	11.05 - 11.35 Zumba Taster Session	11.30 - 12.00 Regent Squad Gymnasts Demonstration	11.00 - 11.30 Spinning Taster Session	11.00 - 12.00 BODYPUMP Master Class with Les Mills Trainers	11.00 - 11.30 B Vocal (singers)	11.10-11.50 Jumping Fitness Children 6+	11.00- 11.30am Public Taster Session Game of Hockey
12.00	11.40 - 11.50 Bokwa Step Taster Session		11.00 - 12.00 New comers MUST do the technique session		11.40 - 12.25		11.30 - 12.00am Beat the Goalie Penalty Shot
12.30	12.15 - 13.15 BODYATTACK Master Class with Les Mills Trainers	12.00 - 12.45 Little Monkey's Taster Session (3-5 years old)	12.00 - 12.30 Spinning Taster Session		The Collective		12.00 - 13.00pm Public Taster Session Freestyle Skating
13.00	13.20 - 13.25 Les Mills Fitness Showcase	12.45 - 14.00 Regent Squad Gymnasts Demonstrations of individual apparatus work vault, bars, beam and floor	13.00 - 13.30 Spinning Taster Session		12.35 - 13.20 Run for Cover	13.00-13.40 Jumping Fitness Adults 16+	
14.00	13.30 - 14.30 BODYCOMBAT Master Class with Les Mills Trainers	14.00 - 14.45 Regent Gym Taster Session for girls/boys (6+ years)		13.30 - 14.00 Step It Taster Session	13.30 - 14.15 iBand	14.00-14.40 Jumping Fitness Children 6+	13.30- 14.00pm Exhibition Game by Club Members
14.30	14.45 - 15.00 Aikido demonstration		14.00 - 14.30 Spinning Taster Session	14.05 - 14.35 Total Tone Taster Session	14.20 - 15.00 Kelly McKenzie		14.30-15.00pm Public Taster Session Game of Hockey
15.00		14.45 - 15.15 Teen/Adult Taster Session (14+ years)	15.00 - 15.30 Spinning Taster Session	14.45 - 15.45 BODYBALANCE Master Class with Les Mills Trainers	15.05 - 15.25 Paradox 6		15.00-15.30pm Beat the Goalie Penalty Shot
15.30		15.15 - 16.00 Open Family Fun Session (any age, children under 6 must be accompanied by an adult)		15.30 - 16.00 B Vocal (singers)	15.30 - 16.00 Public Taster Session Freestyle Skating		

All classes will be available on a first come first served basis