



# Les Mills New Zealand

Les Mills Auckland City  
186 Victoria Street West, Auckland, New Zealand

## Event Timetable

This theme is all about being **KIWI, SUMMER, FREE & LOVING LIFE** - Full of movement, activity, freshness... vigor and spirit!  
#thehomeofGFX

### Thursday 28th January 16:

8.30am - 10.00am	Heritage Hotel
10.30am - 12.00pm	Heritage Hotel
1.00pm - 4.00pm	Heritage Hotel

Club Managers / Owners / GFM's are invited to join Key LMNZ Staff for Breakfast and Networking opportunities -see Event Descriptions page 2

Key Note Session with Sacha Coburn -see Event Descriptions page 2

GFX Ninja sessions -see Event Descriptions page 2

### Friday 29th January 16:

6.30am	Main Marque
7.00am	Studio 1
9.00am	Studio 1
10.40am	Studio 1
11.30am	Studio 1
12.30pm	Studio 1
12.30pm	RPM Studio
1.30pm	Studio 1
1.30pm	RPM Studio
3.00pm	Studio 1
4.00pm	Studio 1
5.00pm	Studio 1
6.00pm	Studio 1
6.00pm	Grit Studio
6.40pm	Grit Studio
7.00pm	Studio 1
7.30pm-9.30pm	Vic Park

**GFX Day 1 - Registration & entrance located in marque; front carpark**  
**NB: PLEASE DO NOT ENTER THROUGH MAIN CLUB ENTRANCE**

**BODYSTEP® #104 Filming** (NB: bookings needed via Eventbrite for ALL filming classes)

**BODYPUMP® #98 Filming**

**GFX SUMMER 16 OPENING CEREMONY!** Join your famous GFX MC for some laughs, dancers and more (see Event Descriptions pg 2)

**CXWORX® #23 Filming**

**SH'BAM® #24 Filming**

**RPM® #70 Workshop 1** (NB: bookings needed via Eventbrite)

**BODYBALANCE® #73 Filming**

**SPRINT Showcase 1** (NB: bookings needed via Eventbrite)

**BODYATTACK® #92 Workshop**

**BODYVIVE® 3.1 #38 Workshop**

**BODYPUMP® #97 Workshop 1**

**BODYCOMBAT® #67 Workshop**

**GRIT® Strength #16 Workshop**

**GRIT® Plyo #16 Workshop**

**BODYJAM® #76 Workshop**

**The Famous Platinum Sports Co. evening and DJ** (see Event Descriptions pg 2)

### Saturday 30th January 16:

6.30am	Main Marque
7.00am	Studio 1
7.30am	Studio 2
8.30am	Studio 1
10.00am	Studio 1
10.00am	RPM Studio
11.30am	Studio 1
12.30pm	Studio 1
2.00pm	Studio 1
2.00pm	Grit Studio
2.40pm	Grit Studio
3.00pm	RPM Studio
3.30pm	Studio 1
4.00pm	RPM Studio
4.30pm	Studio 1
5.00pm	Studio 1
6.00pm	Studio 1
7.30pm-10.30pm	Marque

**GFX Day 2 - Registration & entrance located in marque; front carpark**

**RPM® #71 Filming** (NB: bookings needed via Eventbrite for all filming classes)

**BODYBALANCE® #72 Workshop**

**BODYCOMBAT® #68 Filming**

**BODYVIVE® 3.1 #39 Filming**

**SPRINT Showcase 2** (NB: bookings needed via Eventbrite)

**Les Mills New Zealand presents...The 2016 Sam Taylor Instructor Award**  
(see Event Descriptions page 2)

**BODYATTACK® #93 Filming**

**BODYJAM® #77 Filming**

**GRIT® Strength #16 Workshop**

**GRIT® Cardio #16 Workshop**

**RPM® #70 Workshop 2** (NB: bookings needed via Eventbrite)

**BODYSTEP® #103 Workshop**

**SPRINT Showcase 3** (NB: bookings needed via Eventbrite)

**CXWORX® #22 Workshop**

**BODYPUMP® #97 Workshop 2**

**SH'BAM® #23 Workshop**

**GFX Summer 16 Barbeque and Band** (see Event Descriptions page 2)

# Event Descriptions

**Reebok** 

**Thursday 28th January 2016 - Venue: Heritage Hotel, 35 Hobson Street, Auckland**

**LES MILLS**

- 8.30am-10.00am** With the GFX's success each event we have provided another networking opportunity for Club Managers / Owners & GFMs. Please join Ish Cheyne LMNZ Head of Fitness for a Business Breakfast and Interactive Workshop. It is a great opportunity to network with Key Les Mills New Zealand Staff and Key Staff from clubs throughout New Zealand, Australia and around the World.
- 10.30am-12.00pm** We are excited to have Sacha Coburn as your Key Note. Her session will cover; How to know what you really want, Up skilling based on where you want to be and Recognising opportunity's to grow.
- 1.00pm - 4.00pm** LMNZ has developed an interactive session called 'THE NINJA SESSIONS'. We have 3 amazing sessions that were pick as the top favorites. They are; BEVAN JAMES EYLES - A deeper look at being your best, SUSAN RENATA & GILES BRYANT - GFI Recruitment and CARRIE KEPPLER - Group Fitness Timetabling

## Friday 29 January 2016 - Les Mills Auckland City

**World famous Les Mills International DVD Filming & Les Mills New Zealand Workshop Presentation**  
Teams are ready to blow your mind with larger-than-life Group Fitness experiences yet again!

**10.40am Studio 1** **GFX SUMMER 16 OPENING CEREMONY** - Join the GFX SUMMER 16 MC Madeleine Sami... we are so excited to have this fantastic leading lady. Madeleine is a New Zealand actress, comedian and musician. Known for Buzzy Bee and Friends, What We Do in the Shadows, Perfect Strangers, Super City, Jono and Ben at Ten, Sione's Wedding and so much more.

To keep the energy rocking from the morning filmings into the afternoon of awesome workshop classes, you won't want to miss being a part of the extraordinary Opening Ceremony packed with entertainment! Sit back and let your cool SUMMER 16 self relax and enjoy! SPONSORS, DANCERS AND MORE?!

**Friday & Saturday** **THE SPRINT SHOWCASE** - You've heard the talk about the new cycle programme SPRINT.... come and check it out for yourself. Did someone say GRIT on a bike? Soon to be licenced in New Zealand 2016.

**7.30 - 9.30pm** Join everyone at the **PLATINUM SPORTS CO** located at Victoria Park Market as they put on their famous evening FOOD, DRINKS and a COOL DJ to rock the evening as you shop till you drop!

## Saturday 30th January 2016 - Les Mills Auckland City

**11.30am** LMNZ will present the famous **SAM TAYLOR Instructor Award** - Here's another chance to celebrate our up and coming Group Fitness Instructors. The award is in memory of Sam Taylor. Sam was an absolute star in recognising and mentoring new instructors. To qualify you must have been teaching for less than 2 years and have not competed in any previous Sam Taylor awards. To enter, please provide a letter of application to LMNZ as well as a letter from your GFM outlining why you deserve the Sam Taylor Award and any other recommendations or supporting information along with a DVD of one track (make it your best) and a letter from you on why you are passionate about Les Mills Group Fitness. Cast your minds back to our very first winner and ask yourself, "Do you have what it takes to be the recipient of The 2016 Sam Taylor Award?"... If the answer is YES then apply now! Applications close December 4th 2015 - send the documents and DVD to LMNZ, P.O.Box 90060 AKL Mail Centre attention Amy Styles - quick!!! You could be the ONE - don't miss out! **The winner will receive a nights accommodation for 2 at any Heritage Hotel in NZ and a fabulous gift from Platinum Sports Co.**

**7.30pm-10.30pm** **GFX Summer 16 Barbeque and Band** - to finish off the GFX event meet everyone in the marque for a kiwi barbeque music and friends - sit back and listen to the sounds live from Phil Madson. Phil is recognised for his impressive vocal range, and having recently won 'Top Male Vocalist' at the New Zealand Variety Artist Awards, Phil has performed at some of the most auspicious events in the country. He's been a regular star at Coca-Cola Christmas in the Park and brought the house down at Sky City Starlight Symphony with his performance of Queen's 'Bohemian Rhapsody.' He's shared the stage with some of the biggest names in the business including Air Supply, Cher, David Copperfield, Hank Marvin, Hootie & The Blowfish, The Pointer Sisters and most recently a tour with Spandau Ballet. Phil will be joined by his band who recently toured with him on the Spandau Ballet Tour of 2015 [www.philmadsenmusic.com](http://www.philmadsenmusic.com)

**Key Important information: don't forget to register through Eventbrite the link is available through the GFX website**

**KEEP YOUR EYES ON THE GFX EMAILS AND SOCIAL PAGES FOR CONTINUOUS UPDATES!!!**

- \* We recommend arriving early to secure a place in all releases held in studio 1 - bookings needed for Filming classes.
- \* Please be aware that photography is strictly prohibited. \* No bags in the studios!!!
- \* RPM® and SPRINT are the only Workshop classes that bookings can be taken for. The Workshop presentations use EVENTBRITE. There are x5 presentations with 60 bikes each presso - once booked you will received your ticket bring these with you. The LM AKL RPM® studio uses Shimano SPD pedals equipped with cages. Under no circumstances are the bike pedals to be removed and replaced.

**Any enquiries contact: [carla.fitzsimons@lesmills.co.nz](mailto:carla.fitzsimons@lesmills.co.nz)**