



3ness & Soul Network



Fitness & Soul Mansion Party Weekend 2021

*Wokefield Estate, Reading, Goodboys Lane, RG7 3AE
26th-28th November 2021*



INFORMATION BOOKLET

The Event Where Your Fitness Touches Your Soul



3NESS FITNESS & SOUL WEEKEND WOKEFIELD ESTATE, READING

26th-28th Nov 2021

WOKEFIELD PLACE

| Date/Time | Wokefield Suite | Oak Suite | Parry Room | Canary | Forest 3 | Sky 5/6 | Aqua/Outdoors |
|---|---|--------------------------------|------------------------------------|---|--|--------------------------------------|---|
| Friday 17.00 - 17.45 | TOTALLY SHREDDED Dean Heitman | KETTLEBELLS Robert Sharpe | THE ROUGH RIDE Sim Sema | FOAM ROLLER WORKOUT Winston Squire | VINYASA FREEDOM FLOW YOGA Lisa Cuerden | CARDIO BOXING Chris Roberts | NO CLASS |
| Friday 18.00 - 18.45 | FIT2FITE Greg Francis | BODY SCULPT Natalie Remees | SPIN PARTY Pauline Thomas | PULSEROLL VIBRATE & RELEASE Carroll Locke | REBOUND Vikki Gamblen | HIP-HOP STEP Patrick Sinclair | NO CLASS |
| 21.30 - WOKEFIELD SUITE - MEET THE TEAM & PRESENTERS FOLLOWED BY THE SOUL NETWORK DENIM WELCOME PARTY IN THE MANSION | | | | | | | |
| Saturday 09.00 - 09.45 | X-FIGHT Patrick Sinclair | STEEL MACE UK Robert Sharpe | FITNESS INNOCYCLE Vikki Gamblen | STRETCH IT Rhona Noel | PILATES FLOW Carroll Locke | AEROBIC FUNKY Natalie Remees | RUN WITH WINSTON <small>(Meet at Wokefield Reception)</small> Winston Squire |
| Saturday 10.00 - 10.45 | FIT2FITE Greg Francis | PUMP SENSATION Julian Baker | THE ROUGH RIDE Sim Sema | SOUL2SOLE HEELS Charmaine Grant | FIT2FITE FLEXIBILITY Dianne Reilly | STEP WITH ATTITUDE Pauline Thomas | AQUAFLOAT FIIT - 30 mins ----- FLOAT WARRIOR - 30 mins Sunny Singh |
| Saturday 11.00 - 11.45 | MEGGA BALLS Winston Squire | POWERWAVE Patrick Sinclair | REMEE RIDE Natalie Remees | HIIT HOUSE Dean Heitman & HIIT House Team | REBOUND Vikki Gamblen | F.I.T. JAM Faye Edwards | NO CLASS |
| Saturday 12.00 - 12.45 | TOTALLY SHREDDED Team Shredded | NO CLASS | NO CLASS | NO CLASS | NO CLASS | NO CLASS | NO CLASS |
| Saturday 13.00 - 13.45 | ULTIMATE BAG WORKOUT Dean Heitman | NO CLASS | NO CLASS | NO CLASS | NO CLASS | NO CLASS | NO CLASS |

12.00 - 14.00 - LUNCH FOR ALL FULL WEEKEND PASS HOLDERS IN THE VIEW AND PANTRY - WOKEFIELD PLACE and 13:00 - 14:30 in i8 - MANSION
14.00 - 18.00 SOUL NETWORK LOUNGE PARTY AND SALSA SESSION IN THE MANSION 1560 BAR

All classes are first come, first served - Timetable subject to change without prior notice.



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|--|--|----------------------------------|----------------------------------|--|---|--|--|
| Saturday 14.00 - 14.45 | X-FIGHT IMPACT Patrick Sinclair | NO CLASS | REGGAE CYCLE Winston Squire | SOUL2SOLE HEELS Charmaine Grant | TWERK Sunny Singh | STEP ANOTHER LEVEL Chris Roberts | AQUA KARAOKE Julian Baker |
| Saturday 15.00 - 15.45 | WAISTLINE WORKOUTS The Soca Party Rhona Noel | BOOTY BANDS Sim Sema | SPIN SENSATION Julian Baker | DEEP HOUSE CARDIO CONDITIONING Vikki Gamblen | FIT2FITE FLEXIBILITY Dianne Reilly | STREET DANCE DIVA Pauline Thomas | NO CLASS |
| Saturday 16.00 - 16.45 | AFROBEATS Chris Roberts | F.I.T STRENGTH Faye Edwards | TOTALLY DnB RIDE Dean Heitman | BURN (Band Workout) krystle Hurley | SOCA JUNKIE Natalie Reme | RAGGA-TON Robert Sharpe | AQUAFLOAT FIIT - 30 mins ----- FLOSTRETCH - 30 mins Sunny Singh |
| Saturday 17.00 - 17.45 | MEGGA BALLS Winston Squire | POWERWAVE Patrick Sinclair | CYCLE HIIT krystle Hurley | PULSEROLL FEEL THE PULSE Carroll Locke | RELAXATION YOGA & MEDITATION Lisa Cuerden | STEP WITH MORE ATTITUDE Pauline Thomas | NO CLASS |
| SATURDAY NIGHT SOUL NETWORK DRESS SEXY AND SUAVE PARTY 21.00 - 04.00 MANSION LINCOLN ROOM AND 1560 BAR LIVE PA BY SOUL II SOUL'S ROSE WINDROSS at 23.00 | | | | | | | |
| Sunday 09.00 - 09.45 | SUNDAY MORNING STRETCH Chris Roberts | POWERWAVE Patrick Sinclair | NO CLASS | NO CLASS | YOGA Dianne Reilly | F.I.T COMBAT Faye Edwards | NO CLASS |
| Sunday 10.00 - 10.45 | FIT2FITE FIGHTING MOVES TO GOSPEL GROOVES Greg Francis | ROCK IT RESISTANCE Rhona Noel | TOTALLY DnB RIDE Dean Heitman | NO CLASS | VINYASA POWER FLOW YOGA Lisa Cuerden | GARAGE JAM Pauline Thomas | NO CLASS |
| Sunday 11.00 - 11.30 | FINALE AND COOL DOWN WITH ALL PRESENTERS - WOKEFIELD SUITE FOLLOWED BY LUNCH IN THE VIEW AT 12:30 FOR ALL | | | | | | |

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