

LES MILLS

in association with



DANCE-A-PALOOZA!

Raising palooza's of cash for Fit for Good!

fitforgood

Fit for Good is the fitness industry's charitable foundation designed to provide health and fitness opportunities for Australians in need.

www.fitforgood.org.au

Saturday 28 April 2012

**Sydney Convention & Exhibition Centre
Darling Harbour, Grand Ballroom**

6pm – 9pm

\$20 entry - Pay at the door

Timetable

Hour 1: SH'BAM™ – the dance workout that everyone can do to chart topping hits and fun remixes you will recognize and love

Hour 2: BODYJAM® – Building up to mind-blowing routines to the hot, hot, hottest new sounds

Hour 3: Breakout session – presented by 'G' all the way from NZ, not even we know what he is going to do – be prepared for anything and everything!

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