

IX GLOBAL LIVESTREAM EVENT: Q3 RELEASE EDUCATION

Note: All times appear first in New Zealand Standard Time (NZST), followed by Central Daylight Time (CDT), Central European Summer Time (CEST), British Summer Time and China Standard Time (CST).

SATURDAY 11TH SEPTEMBER 2021 NZ 1700 - 2200	
1700 Central Daylight Time (US): Midnight (Fri/Sat) Central European Summer Time: 0700 British Summer Time: 0600 China Standard Time: 1300	Q3 NEW RELEASE EDUCATION AND PROGRAM DIRECTOR/PROGRAM TEAMS Q & A LIVESTREAM OPENING
1710 – 1745 Central Daylight Time (US): 0010 – 0045 (Saturday) Central European Summer Time: 0710 - 0745 British Summer Time: 0610 - 0645 China Standard Time: 1310 - 1345	BODYATTACK 113: Q3 EDUCATION FOCUS AND Q & A WITH LISA OSBORNE
1745 – 1830 Central Daylight Time (US): 0045 – 0130 (Saturday) Central European Summer Time: 0745 - 0830 British Summer Time: 0645 - 0730 China Standard Time: 1345 - 1430	BODYPUMP 118: Q3 EDUCATION FOCUS AND Q & A WITH GLEN OSTERGAARD + BEN MAIN
1830 – 1905 Central Daylight Time (US): 0130 – 0205 (Saturday) Central European Summer Time: 0830 - 0905 British Summer Time: 0730 - 0805 China Standard Time: 1430 - 1505	LES MILLS CORE 43: Q3 EDUCATION FOCUS AND Q & A WITH DAN COHEN + KYLIE GATES
1905 – 1945 Central Daylight Time (US): 0205 - 0245 (Saturday) Central European Summer Time: 0905 - 0945 British Summer Time: 0805 - 0845 China Standard Time: 1505 - 1545	BODYCOMBAT 88: Q3 EDUCATION FOCUS AND Q & A WITH RACHAEL NEWSHAM + DAN COHEN
1945 – 2020 Central Daylight Time (US): 0245 – 0320 (Saturday) Central European Summer Time: 0945 - 1020 British Summer Time: 0845 - 0920 China Standard Time: 1545 - 1620	BODYBALANCE 93: Q3 EDUCATION FOCUS AND Q & A WITH KYLIE GATES
2020 – 2050 Central Daylight Time (US): 0320 – 0350 (Saturday) Central European Summer Time: 1020 - 1050 British Summer Time: 0920 - 0950 China Standard Time: 1620 - 1650	RPM 90 / SPRINT 24: Q3 EDUCATION AND Q & A WITH GLEN OSTERGAARD
2050 – 2125 Central Daylight Time (US): 0350 – 0425 (Saturday) Central European Summer Time: 1050 - 1125 British Summer Time: 0950 - 1025 China Standard Time: 1650 - 1725	BODYJAM 97: Q3 EDUCATION FOCUS AND Q & A WITH GANDALF ARCHER-MILLS
2125 – 2159 Central Daylight Time (US): 0425 – 0459 (Saturday) Central European Summer Time: 1125 - 1159 British Summer Time: 1025 - 1059 China Standard Time: 1725 - 1759	MAXIMIZING Q3 LAUNCH IN CLUBS: WHAT INSTRUCTORS CAN DO TO MAKE GROUP FIT 'UNSTOPPABLE'
2200 Central Daylight Time (US): 0500 (Saturday) Central European Summer Time: 1200 British Summer Time: 1100 China Standard Time: 1600	LIVESTREAM EVENT CLOSE

SUNDAY 12th SEPTEMBER NZ 0700 – 1200

<p>0700 Central Daylight Time (US): 1400 Central European Summer Time: 2100 British Summer Time: 2000 China Standard Time: 0300</p>	<p>Q3 NEW RELEASE EDUCATION AND PROGRAM DIRECTOR/PROGRAM TEAMS Q & A LIVESTREAM OPENING</p>
<p>0710 – 0745 Central Daylight Time (US): 1410-1445 Central European Summer Time: 2110 - 2145 British Summer Time: 2010 - 2045 China Standard Time: 0310 - 0345</p>	<p>BODYATTACK 113: Q3 EDUCATION FOCUS AND Q & A WITH LISA OSBORNE</p>
<p>0745 – 0830 Central Daylight Time (US): 1445 - 1530 Central European Summer Time: 2145 - 2230 British Summer Time: 2045 - 2130 China Standard Time: 0345 - 0430</p>	<p>BODYPUMP 118: Q3 EDUCATION FOCUS ON GLUTE ACTIVATION AND Q & A WITH GLEN OSTERGAARD + BEN MAIN</p>
<p>0830 – 0905 Central Daylight Time (US): 1530 - 1605 Central European Summer Time: 2230 - 2305 British Summer Time: 2130 - 2205 China Standard Time: 0430 - 0505</p>	<p>LES MILLS CORE 43: Q3 EDUCATION FOCUS AND Q & A WITH DAN COHEN + KYLIE GATES</p>
<p>0905 – 0945 Central Daylight Time (US): 1605 - 1645 Central European Summer Time: 2305 - 2345 British Summer Time: 2205 - 2245 China Standard Time: 0505 - 0545</p>	<p>BODYCOMBAT 88: Q3 EDUCATION FOCUS AND Q & A WITH RACHAEL NEWSHAM + DAN COHEN</p>
<p>0945 – 1020 Central Daylight Time (US): 1645 - 1720 Central European Summer Time: 2345 - 0020 British Summer Time: 2245 - 2320 China Standard Time: 0545 – 0620</p>	<p>BODYBALANCE 93: Q3 EDUCATION FOCUS AND Q & A WITH KYLIE GATES</p>
<p>1020 – 1050 Central Daylight Time (US): 1720 - 1750 Central European Summer Time: 0020 - 0050 British Summer Time: 2320 - 2350 China Standard Time: 0620 - 0650</p>	<p>RPM 90 / SPRINT 24: Q3 EDUCATION FOCUS AND Q & A WITH GLEN OSTERGAARD</p>
<p>1050 – 1125 Central Daylight Time (US): 1750 - 1825 Central European Summer Time: 0050 - 0125 British Summer Time: 2350 - 0025 China Standard Time: 0650 - 0725</p>	<p>LES MILLS GRIT 37: Q3 EDUCATION FOCUS AND Q & A WITH ERIN MAW</p>
<p>1125 – 1159 Central Daylight Time (US): 1825 - 1859 Central European Summer Time: 0125 - 0159 British Summer Time: 0025 - 0059 China Standard Time: 0725 - 0759</p>	<p>MAXIMIZING Q3 LAUNCH IN CLUBS: WHAT INSTRUCTORS CAN DO TO MAKE GROUP FIT 'UNSTOPPABLE'</p>
<p>1200 noon Central Daylight Time (US): 1900 Central European Summer Time: 0200 British Summer Time: 0100 China Standard Time: 0800</p>	<p>LIVESTREAM CLOSE EVENT</p>