

ND Online Events

Date	Start	Finish	Audience	Title	Presenter	Details	Booking Deadline	Booking / Joining Information	Active
11/09/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	11th September @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=7689B8014F67A853E3B7A3B08E33B87A532444D7	NO
25/09/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	25th September @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=630B859A2105020F80100D5FBD41BF11873F4D84	YES
16/10/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	16th October @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=7D17C15E00ACAE610464622E61CCC70B7E79F35B	YES
06/11/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	6th November @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=84628903BC03A506768B10FDF11686748A0A10C	YES
27/11/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	27th November @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=F62F64F2F0778D92B3E745AF35402692B5E591C2	YES
18/12/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	18th December @12:00pm	https://scottishswimming.azolve.com/workbench/public/events?ref=1589B8766A00A29089D3391E85901D00357C5FB9	YES