



**Westfield**  
LONDON  
— W12 —



# MY2012 FLOOR PLAN

MY  
2012



**Westfield**  
LONDON  
— W12 —

WITH OFFICIAL MEDIA PARTNERS



IN 2012  
I'LL MAKE IT MINE...

# WHAT'S ON?

RAV WILDING IS OUR HOST FOR THE MY2012 EVENT IN ASSOCIATION WITH ADIDAS

## FRIDAY 27TH JANUARY

**12pm - ViPR** is the evolution of free weights. Blending strength training with freedom of movement, ViPR is the ideal way to get fit, build strength and keep motivated. Come along and challenge yourself with ViPR.

**12.30pm - A cooking masterclass session** by 'Kitchen Italia' as they present healthy culinary tips and introduce their new 2012 menu.

- **Food Sampling from Atrium Retailer: Kitchen Italia**

**1pm - Amanda Hamilton real results weight loss system** provides real, healthy and sustained weight loss with inspiring meal plans, activity programs and community. No gimmicks. No pills. No shakes.

- **Food Sampling from Atrium Retailer: The Real Greek**

**1.30pm - Lush - Natural Skin Care** - This will involve How to make a Face Pack out of Natural Produce - They will make and pick some people out of the audience to try it.

- **Food Sampling from Atrium Retailer: Boost Juice bar**

**2pm - Ginger Group** - interactive and eye catching performance hair Masterclass.

**3pm - adidas stage show** - this impressive act fashion meets fitness will have you amazed with its High Impact Dance from the adidas dance troop

- **Food Sampling from Atrium Retailer: Crepe Affaire**

**3.30pm - Kiehl's Beauty demonstration**  
'New Year, New Skin'

**4pm - ViPR Training.**

- **Food Sampling from Atrium Retailer: Nineteen Ten**

**4.30pm - Real Greek Saturday kitchen style presentation** to healthy eating with presenter Rav Wilding.

- **Food Sampling from Atrium Retailer: The Real Greek**

**5pm - Lush - Natural Skin Care demonstration.**

- **Food Sampling from Atrium Retailer: Boost Juice bar**

**5.30pm - adidas stage show**

**6pm - Turbo - Got To Dance** - showing you movement beyond belief.

**6.30pm - Amanda Hamilton real results weight loss system** provides real, healthy and sustained weight loss with inspiring meal plans, activity programs and community. No gimmicks. No pills. No shakes.

**7pm - ViPR Training**

## SATURDAY 28TH JANUARY

**12pm - Lush - Natural Skin Care** - How to make a Face Pack out of Natural Produce - this interactive element will leave you well briefed to the perfect face mask.

**12.30pm - Sadler's Wells presents Breakin' Convention**, the International Festival of Hip Hop Dance Theatre at Sadler's Wells and on tour.

**1pm - Tapas Revolution 'Healthy Eating, Healthy Life' with TV Chef and Restaurateur Omar Allibhoy**

- **Food Sampling from Atrium Retailer: Tapas Revolution**

**1.30pm - Kiehl's Beauty demonstration**  
'New Year, New Skin'

- **Food Sampling from Atrium Retailer: Boost Juice bar**

**2.30pm - Sadler's Wells presents Breakin' Convention.**

**3pm - adidas stage show** - this impressive act fashion meets fitness will have you amazed with its High Impact Dance from the adidas dance troop

- **Food Sampling from Atrium Retailer: Boost Juice bar**

**3.30pm - Closer Magazine's Nigel Denby and Magic 105.4's Verity Geere.** Nigel Denby, Closers expert dietician, is joined by Magic 105.4's Breakfast presenter to talk about her experience with the Closer Diet and how she lost 1 1/2 stone.

**4pm - Ginger Group** - interactive and eye catching performance hair Masterclass.

**4.30pm - BOOK LAUNCH: Sally Bee - Have your Cake and Eat it '100 Sin Free Treats.**

**5pm - Sadler's Wells presents Breakin' Convention.**

- **Food Sampling from Atrium Retailer: Crepe Affaire**

**5.30pm - adidas stage show**

**6pm - Juice Boost Bars** - Why Boost is a healthy part of your 5 a day

- **Food Sampling from Atrium Retailer: Nineteen Ten**

**6.30pm - Lush - Natural Skin Care demonstration**

**7pm - Zumba Dance Class** - the phenomena which is Zumba has reached Westfield presented by professional team - High energy stage performance, with lead instructor explaining how you can get in to Zumba and the benefits to a healthy lifestyle.

## SUNDAY 29TH JANUARY

**12pm - 'Salsa by Incognito Dance'** is an inspirational style generating enthusiasm and commitment to the art of Salsa dancing.

**12.30pm - Ruben Tabares - Celebrity Nutritionist** - Woman's focused nutritional advice for Toning Bums and Tums.

**1pm - Lush - Natural Skin Care** - How to make a Face Pack out of Natural Produce - this interactive element will leave you well briefed to the perfect face mask.

- **Food Sampling from Atrium Retailer: Kitchen Italia**

**1.30pm - Mind Body Vitality Fitness** develops both mind and body creating vitality and fulfilment in all endeavours. Remove effort and repetition from exercise and replace it with creativity and fun.

**2pm - 'Salsa by Incognito Dance'** is an inspirational style generating enthusiasm and commitment to the art of Salsa dancing.

- **Food Sampling from Atrium Retailer: Boost Juice bar**

**3pm - Zumba Dance Class** - the phenomena which is Zumba has reached Westfield presented by professional team - High energy stage performance, with lead instructor explaining how you can get in to Zumba and the benefits to a healthy lifestyle

**3.30pm - adidas stage show**

- **Food Sampling from Atrium Retailer: Crepe Affaire**

**4pm - Ruben Tabares - Celebrity Nutritionist** - Woman's focused nutritional advice for Toning Bums and Tums.

- **Food Sampling from Atrium Retailer: Nineteen Ten**

**4.30pm - Zumba Dance Class**

**5pm - Amanda Hamilton real results weight loss system** provides real, healthy and sustained weight loss with inspiring meal plans, activity programs and community. No gimmicks. No pills. No shakes.

**5.30pm - adidas stage show**