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CLASS TRACK LISTS

The list below shows you all the music that has been used in the great classes we have brought you over the years. To make the classes even better and more personal to you, we are now giving you the chance to create your very own Class Track List.

Check out the music below and choose your favourite piece of music for track 1-track 2 etc and email your list to us and within 2 weeks we will deliver your unique class.

All we ask is:

1. You email us a track for all the 10 tracks.
2. Tell us why there your favourite tracks.
3. The time of the class you attend.
4. Telling us your name is optional.
5. Why you like Body combat and any information you would like to share with us. I.E the results you have got from the class.



Get the kind of **LEGS** Shorts want to wear



BODY PUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best exercises like squats, presses, lifts and curls.

Great music, awesome instructors & your choice of weight inspire you to get the results you came for – **and fast!**

This class is suitable for all levels of fitness.

**BODY PUMP 62 launches on
Thursday 21st January at 5.30pm.**

DON'T HESITATE –

NUMBERS ARE LIMITED SO BOOK IN TODAY!

**If you have never done BODY PUMP Before, please download your FREE PASS
for you & a friend**

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Here is your list of fantastic music brought to you already by our great instructors and BODY PUMP.

PUMP 71	Song title	Artist
71 – Track 1	Magnatized	James Simpson
71 – Track 2	Summer of 69	Mega mania
71 – Track 3	Right round	Flo rida
71 – Track 4	When love becomes a lie	Liz kay
71 – Track 5	Black fingernails, red wine	Eskimo Joe
71 – Track 6	What I've done	Hiroshi free
71 – Track 7	Doesn't matter	Mamad Voltek
71 – Track 8	Operation blade	Public domain
71 – Track 9	Circus	Britney spears
71 – Track 10	Sober	pink

PUMP 70	Song title	Artist
70 – Track 1	Don't leave me with the light on	Danzel
70 – Track 2	It's all your fault	Pink
70 – Track 3	Infinity 2008	Guru josh project
70 – Track 4	True believer	E-type
70 – Track 5	Keeps gettin' better	Christina Aguilera
70 – Track 6	Gotta be somebody	Nickleback
70 – Track 7	Raindrops	Sash! Feat. Stunt
70 – Track 8	Thunderstruck	hinder
70 – Track 9	Love lockdown	Kayne west
70 – Track 10	If I were a boy	Beyonce

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PUMP 69	Song title	Artist
69 – Track 1	Better in time	Jamie knight
69 – Track 2	Get this party started	Dan winter
69 – Track 3	I don't care	Fallout boy
69 – Track 4	Castles in the sky	Liz hay
69 – Track 5	Shut up and drive	Rihanna
69 – Track 6	So what	Pink
69 – Track 7	Stand alone	Dyce
69 – Track 8	All I ever wanted	Basshunter
69 – Track 9	All summer long	Kid rock
69 – Track 10	Let me be myself	3 doors down

PUMP 68	Song title	Artist
68 – Track 1	Perfect day	Indigo
68 – Track 2	Big girls don't cry	Nick skitz
68 – Track 3	It's not my time	3 doors down
68 – Track 4	What do you want from me	Cascada
68 – Track 5	Hook me up	Veronicas
68 – Track 6	Start it	Vanessa amorosi
68 – Track 7	Listen to your heart	Nick skitz
68 – Track 8	My game	Darude
68 – Track 9	Forever	Chris brown
68 – Track 10	Dare to live	Andrea bocelli

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PUMP 67	Song title	Artist
67 – Track 1	Bleeding love	Jamie knight
67 – Track 2	Piece of my heart	Jan Wayne
67 – Track 3	paralyzer	Finger eleven
67 – Track 4	Eurofighter	E-Type
67 – Track 5	Cuz I Can	Pink
67 – Track 6	We got it going on	Bon Jovi
67 – Track 7	I need a miracle	KLM
67 – Track 8	Now you're gone	Bass hunter
67 – Track 9	B Boy Baby	Mutya Buena
67 – Track 10	Angel	Aerosmith

PUMP 66	Song title	Artist
66 – Track 1	Rain down love	Freemason
66 – Track 2	Cisko disko	Rico bass
66 – Track 3	Get up	Techtronic
66 – Track 4	What hurts the most	Cascada
66 – Track 5	Time after time	Quiet drive
66 – Track 6	On your way to the disco	Rogue traders
66 – Track 7	Show me heaven	Micky modelle
66 – Track 8	Where are you 2007	Paffendorf
66 – Track 9	Extreme ways	Moby
66 – Track 10	Always on your side	Sheryl crow

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PUMP 65	Song title	Artist
65 – Track 1	Way of life	Slinkee minx
65 – Track 2	Just like paradise	Nick skitz
65 – Track 3	Breakaway	Inaya day
65 – Track 4	Wanna be free	Paradise
65 – Track 5	Get down	Groove
65 – Track 6	Too much/too young /too fast	Airbourne
65 – Track 7	Blinded by the light	Manfred mann's earth band
65 – Track 8	Meet her at the love parade 2007	DJ Aligator
65 – Track 9	Stronger	Kanye west
65 – Track 10	Like the sun	RyanDan

PUMP 64	Song title	Artist
64 – Track 1	Walk away	Tony Moran
64 – Track 2	More than a feeling	Rockout!!!
64 – Track 3	In love with you	Freestyler
64 – Track 4	See the light	Paradise
64 – Track 5	Hungry	INXS
64 – Track 6	Hey everybody	Bombfunk
64 – Track 7	The sun always shines on TV	Milk Inc
64 – Track 8	Keep your hands of my girl	Good Charlotte
64 – Track 9	Here comes the hot stepper	Ini Kamoze
64 – Track 10	hurt	Christina Aguilera

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PUMP 63	Song title	Artist
63 – Track 1	All of you	Kate Ryan
63 – Track 2	Truley, madley, deeply	Cascada
63 – Track 3	Famous last words	My chemical romance
63 – Track 4	Think about the way	Frisco Vs Ice MC
63 – Track 5	Faster kill pussycat	Paul Oakenfold
63 – Track 6	Aint no other man	Christina Aguilara
63 – Track 7	Love sensation	Loleatta Holloway
63 – Track 8	Fast life	Freestylers
63 – Track 9	The sweet escape	Gwen stafani
63 – Track 10	It ends tonight	The all-American rejects

PUMP 62	Song title	Artist
62 – Track 1	I believe in dreams	Jackie rawe
62 – Track 2	Run to paradise	Nick skitz
62 – Track 3	Rock this party	Bob Sinclair
62 – Track 4	How long	Jessy
62 – Track 5	Wind it up	Gwen stafani
62 – Track 6	Weight of the world	Evanescence
62 – Track 7	I go crazy	Madness
62 – Track 8	The power	Snap Vs Motivo
62 – Track 9	My love	Justin timberlake
62 – Track 10	Lips of an angel	Hinder

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PUMP 61	Song title	Artist
61 – Track 1	Love changes	John rock
61 – Track 2	Walk on water	Milk inc
61 – Track 3	I'm not dead	Pink
61 – Track 4	Miracle	Cascada
61 – Track 5	Sexyback	Justin Timberlake
61 – Track 6	Original fire	Audio slave
61 – Track 7	Somebody's watching me	Beatfreakz
61 – Track 8	Uprocking beats	Bomfunk inc
61 – Track 9	Déjà vu	Beyonce feat. Jay Z
61 – Track 10	Chasing cars	Snow patrol

PUMP 60	Song title	Artist
60 – Track 1	Invincible	Carola
60 – Track 2	What's up	Alexis heart
60 – Track 3	Have a nice day	Bon Jovi
60 – Track 4	Africa	E-Type
60 – Track 5	Who knew	Pink
60 – Track 6	Flaunt it/cherry pie	Seany Dean
60 – Track 7	Angel	B.P.M.
60 – Track 8	One night in bankok	Vinylshaker
60 – Track 9	Hips don't lie	Shakira
60 – Track 10	So far away	Amici forever

PUMP 59	Song title	Artist
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59 – Track 1	I surrender	Nicki French
59 – Track 2	Simply irresistible	Robert palmer
59 – Track 3	Pump up the jam	Technotronic
59 – Track 4	paradise	e-Type
59 – Track 5	A to the B	Infernal
59 – Track 6	Time 2 move	Hanna Jones
59 – Track 7	Like the sun	Trinity
59 – Track 8	Pretty Vegas	INXS
59 – Track 9	Sweet home Alabama	B.A.M.A.
59 – Track 10	I belong to you	Anastacia

PUMP 57	Song title	Artist
57 – Track 1	Come to me	Tina cousins
57 – Track 2	From Paris to Berlin	Infernal
57 – Track 3	Push it	Garbage
57 – Track 4	Everytime we touch	Cascada
57 – Track 5	Take your mama	Scissor sisters
57 – Track 6	Pump it	The black-eyed peas
57 – Track 7	I want you	Paris avenue
57 – Track 8	Rock star	N.E.R.D.
57 – Track 9	Don't cha	Pussycat dolls
57 – Track 10	Unbreak my heart	IL DIVO

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PUMP 55	Song title	Artist
55 – Track 1	Back to basics	Shapeshifters
55 – Track 2	You are all of that	Danzel
55 – Track 3	Sweetest poison	Nu Pagada
55 – Track 4	Olympia	E type
55 – Track 5	California	C.O. Club oriented
55 – Track 6	Galvanize	The chemical brothers
55 – Track 7	As the rush comes	Motorcycle
55 – Track 8	I get up	INXS
55 – Track 9	Karma	Alicia Keys
55 – Track 10	Liberatio	Krypteria

PUMP 51	Song title	Artist
51 – Track 1	One step away	DJ Jurgen
51 – Track 2	Give it up	Captain jack
51 – Track 3	Pump it up!	Danzel
51 – Track 4	Fly on the wings of love	XTM
51 – Track 5	Let the sunshine in	Milk & sugar
51 – Track 6	Walk this way	Run DMC and Aerosmith
51 – Track 7	Surrender	Lasgo
51 – Track 8	Work that body	Jason Nevins
51 – Track 9	Superstar	Jamelia
51 – Track 10	My immortal	Evanescence

PUMP 48	Song title	Artist
48 – Track 1	Evergreen	Belle Lawrence
48 – Track 2	pride	Joanna

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48 – Track 3	Who said	Planet funk
48 – Track 4	Stay	Deja Vu feat. Tasmin
48 – Track 5	Kotahitanga	Oceania
48 – Track 6	Bring me to life	Evanescence
48 – Track 7	I believe	Sash!
48 – Track 8	U can't touch this	MC Hammer
48 – Track 9	Get me some	Mercury 4
48 – Track 10	Calling all angels	Train

PUMP 47	Song title	Artist
47 – Track 1	Surrender	Gabrielle
47 – Track 2	Stomp!	DJ Aligator
47 – Track 3	Push it	Salt N Pepper
47 – Track 4	In your life	La bouche
47 – Track 5	Tu es foutu	In-grid
47 – Track 6	Fighter	Christina Aguilera
47 – Track 7	Castles in the sky	Ian van Dahl
47 – Track 8	Freestyler	Bomfunks MCs
47 – Track 9	Work it	Nelly feat. Justin Timberlake
47 – Track 10	Out of reach	Gabrielle

PUMP 46	Song title	Artist
46 – Track 1	I'm gonna get ya good	Jackie o
46 – Track 2	Escape	Red hardin
46 – Track 3	Love is a drug	Ekko

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46 – Track 4	Set the world on fire	e-type
46 – Track 5	Rise up	Funky green dogs
46 – Track 6	Boom	P.O.D
46 – Track 7	On and on	Yanou presents DO
46 – Track 8	Like to move it	Dr Alban
46 – Track 9	Lose yourself	Eminem
46 – Track 10	Canto della terra	Andrea bocelli

PUMP 45	Song title	Artist
45 – Track 1	Light my fire	Jackie o
45 – Track 2	Make yo body pump	Dix
45 – Track 3	You needed me	Boyzone
45 – Track 4	When I close my eyes	e-type
45 – Track 5	Boys of summer	DJ Sammy
45 – Track 6	Dirty	Christina Aguilera
45 – Track 7	Ganbareh	Sash!
45 – Track 8	Be cool	Paffendorf
45 – Track 9	Complicated	Avril lavigne
45 – Track 10	One last breathe	Creed

PUMP 44	Song title	Artist
44 – Track 1	If tomorrow never comes	Ronan Keating
44 – Track 2	Don't you want me	Alcazar
44 – Track 3	Smooth criminal	Alien ant farm
44 – Track 4	Heaven	DJ Sammy

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44 – Track 5	Runaway	Piece suite
44 – Track 6	Nod Ya Head	Will smith
44 – Track 7	Something	Lasgo
44 – Track 8	The Hitman	A.B. logic
44 – Track 9	Just a little	Liberty X
44 – Track 10	Caruso	Russell Watson

PUMP 43	Song title	Artist
43 – Track 1	Save tonight	Jackio 'o'
43 – Track 2	Ready to go	Republica
43 – Track 3	Enter sandman	Metallica
43 – Track 4	Never surrender	2 unlimited
43 – Track 5	Aint it funny	J-Lo
43 – Track 6	The power	H Block
43 – Track 7	Hard to say I'm sorry	Aquagen
43 – Track 8	We will survive	Warp brothers
43 – Track 9	One day in your life	Anastacia
43 – Track 10	A new day has come	Celine Dion

PUMP 42	Song title	Artist
42 – Track 1	The one	Backstreet boys
42 – Track 2	I will go with you	Donna summer
42 – Track 3	I'm real	J-Lo
42 – Track 4	Life	E-Type

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42 – Track 5	Get the party started	Pink
42 – Track 6	Eye of the tiger	Heart Attack
42 – Track 7	Set you free	n-trance
42 – Track 8	Livin' a lie	Milk inc.
42 – Track 9	Whenever,whenever	Shakira
42 – Track 10	Thank you	Dido

PUMP 41	Song title	Artist
41 – Track 1	Let me love you	Da Buzz
41 – Track 2	Send me an angel	Mythos
41 – Track 3	Starlight	The supermen lovers
41 – Track 4	Let me fly	Kim Lucas
41 – Track 5	Hey baby	DJ Otiz
41 – Track 6	Let me entertain you	Robbie Williams
41 – Track 7	Silence	Delirium
41 – Track 8	Everybody scream	Paffendorf
41 – Track 9	Paid my dues	Anastacia
41 – Track 10	Fly away from here	Aerosmith

PUMP 40	Song title	Artist
40 – Track 1	Perfect moment	Mary griffin
40 – Track 2	Now we are free	Dreamgate
40 – Track 3	Spente Le Stelle	Opera trance
40 – Track 4	Boom Boom	Chayanne
40 – Track 5	Stranger in my house	Tamia
40 – Track 6	Ice ice baby	Vanilla ice
40 – Track 7	Feel the beat	Darude

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40 – Track 8	Rock da funky beats	Public domain
40 – Track 9	Have you ever seen the rain	Inner circle
40 – Track 10	We are the champions	Robbie Williams/Queen

PUMP 39	Song title	Artist
39 – Track 1	You'll see	Raffa
39 – Track 2	Baby I love your way	Wildside
39 – Track 3	Jump	Van Halen
39 – Track 4	I'm flying	e- type
39 – Track 5	Let's get loud	Jennifer Lopez
39 – Track 6	We will rock you	Five & Queen
39 – Track 7	Adelante	Sash!
39 – Track 8	Operation blade	Public domain
39 – Track 9	Lady marmalade	Pink
39 – Track 10	Knocking on heaven's door	Guns 'N' Roses

PUMP 38	Song title	Artist
38 – Track 1	Angel	Lionel Ritchie
38 – Track 2	Baker street	DJ Octopus
38 – Track 3	Don't tell me	Madonna
38 – Track 4	I drove all night	Bandido
38 – Track 5	She bangs	Ricky martin
38 – Track 6	Stronger	Britney spears
38 – Track 7	Sandstorm	Darude

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38 – Track 8	Where are we	Paffendorf
38 – Track 9	Most girls	Pink
38 – Track 10	With arms wide open	Creed

PUMP 37	Song title	Artist
37 – Track 1	Don't let this moment end	Gloria Estefan
37 – Track 2	Dream a dream	Captain jack
37 – Track 3	Sweet child of mine	Guns and roses
37 – Track 4	Freedom	DJ BoBo
37 – Track 5	Give me just one night	98 degrees
37 – Track 6	Harden up	Nicolette
37 – Track 7	On a night like this	Kylie Minogue
37 – Track 8	b-boys & fly girls	Bo funk MC's
37 – Track 9	Steal my kisses	Ben Harper
37 – Track 10	Proud	Heather small

PUMP 36	Song title	Artist
36 – Track 1	Give me tonight 2000	Shannon
36 – Track 2	The race	Captain jack
36 – Track 3	I'm outta love	Anastacia
36 – Track 4	Moving up	Dream world
36 – Track 5	Campione 2000	e-type
36 – Track 6	It's my life	Bon Jovi
36 – Track 7	Pray	Tina Cousins

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36 – Track 8	No sleep	N.Y.C.C
36 – Track 9	It feel so good	sonique
36 – Track 10	Ave Maria Oh Mary	Dario F

PUMP 35	Song title	Artist
35 – Track 1	Goodbye	Alexia
35 – Track 2	Hammer to the heart	The temperer
35 – Track 3	Love really hurts	Billy ocean
35 – Track 4	You're my world	Jane McDonald
35 – Track 5	Get up	Gipsy kings
35 – Track 6	Stand tough	Point break
35 – Track 7	Higher than love	Gina G
35 – Track 8	Wild thing	ZZ Bros
35 – Track 9	Bye bye bye	N SYNC
35 – Track 10	Endless love	Diana Ross-Lionel Richie

PUMP 34	Song title	Artist
34 – Track 1	When the heartache is over	Tina turner
34 – Track 2	Listen to the music	Martha Walsh
34 – Track 3	The final countdown 2000	Europe
34 – Track 4	When you're gone	Jackie o
34 – Track 5	I need to know	Marc Anthony
34 – Track 6	Do we rock	Point blanc
34 – Track 7	Forever	Tina cousins
34 – Track 8	Der kommissar	Falco
34 – Track 9	Got to get you back	T spoon
34 – Track 10	What a wonderful world	Kenny g

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PUMP 28	Song title	Artist
28 – Track 1	Heavens what I feel	Gloria Estefan
28 – Track 2	Addicted to love	Robert palmer
28 – Track 3	Shine	Paradise
28 – Track 4	Wanna get up	2 unlimited
28 – Track 5	Amnesia	Chuwambawa
28 – Track 6	Going gets tough	Billy ocean
28 – Track 7	Can you feel it	Michael Jackson
28 – Track 8	Fight for your right to party	NYCC
28 – Track 9	Games people play	Inner circle
28 – Track 10	Let your soul be your pilot	Sting

PUMP 27	Song title	Artist
27 – Track 1	Fantasy island	M people
27 – Track 2	La copa de la vida	Ricky martin
27 – Track 3	A rose is still a rose	Aretha Franklin
27 – Track 4	I'm outta here	Real Mc Coy
27 – Track 5	Magic of the night	Zico
27 – Track 6	Somebody dance with me	DJ BoBo
27 – Track 7	Stay	Sash
27 – Track 8	It's like that	Run DMC
27 – Track 9	Baby when the lights go out	Five
27 – Track 10	Can't stop thinking about you	Tina turner